



*Rowing since 2005*

# Learn To Row (LTR) Handbook

Thanks to the Department of National Parks, Recreation, Sport and Racing  
“Active Inclusion Program” for assistance to print this handbook.

# Riverway Rowing Club

Rowing is a low impact, load bearing sport, suitable for anyone over the age of 12 through to your 90s. Riverway Rowing Club has rowing programs from learn to row, social, corporate, competitive through to elite oarsmen and women.

The Riverway Rowing Club is a non-for-profit community sporting organisation. It was established in 2005, making it the second youngest rowing club in Queensland.

Unlike most sports, the club provides the equipment (boats, oars, basic gym equipment etc.) which makes the commencement of rowing for a participant very affordable. For a person rowing, the cost per year is below that of tennis, joining the gym or playing hockey and you can row all throughout the year not just a limited season.

Riverway Rowing Club have an inclusive attitude which sees people go from a Learn To Row, to a competent rower, to a valued club member participating in fund raising activities as well as social events. It is a club for all, for all types, for all abilities, for all occasions.

Please come and join our team and Learn to Row today.

Coach \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_



# Some important things to know before you row.

Things you will need to have: **Hat, Sunscreen and Water bottle.**

It is advisable to wear **tight fitting clothing** as baggy shirts and shorts may get caught up in the workings of the boat.

We encourage the use of heart rate monitors to maximise targeted training benefits.

Go to bed 8-9 hours before you need to wake up.

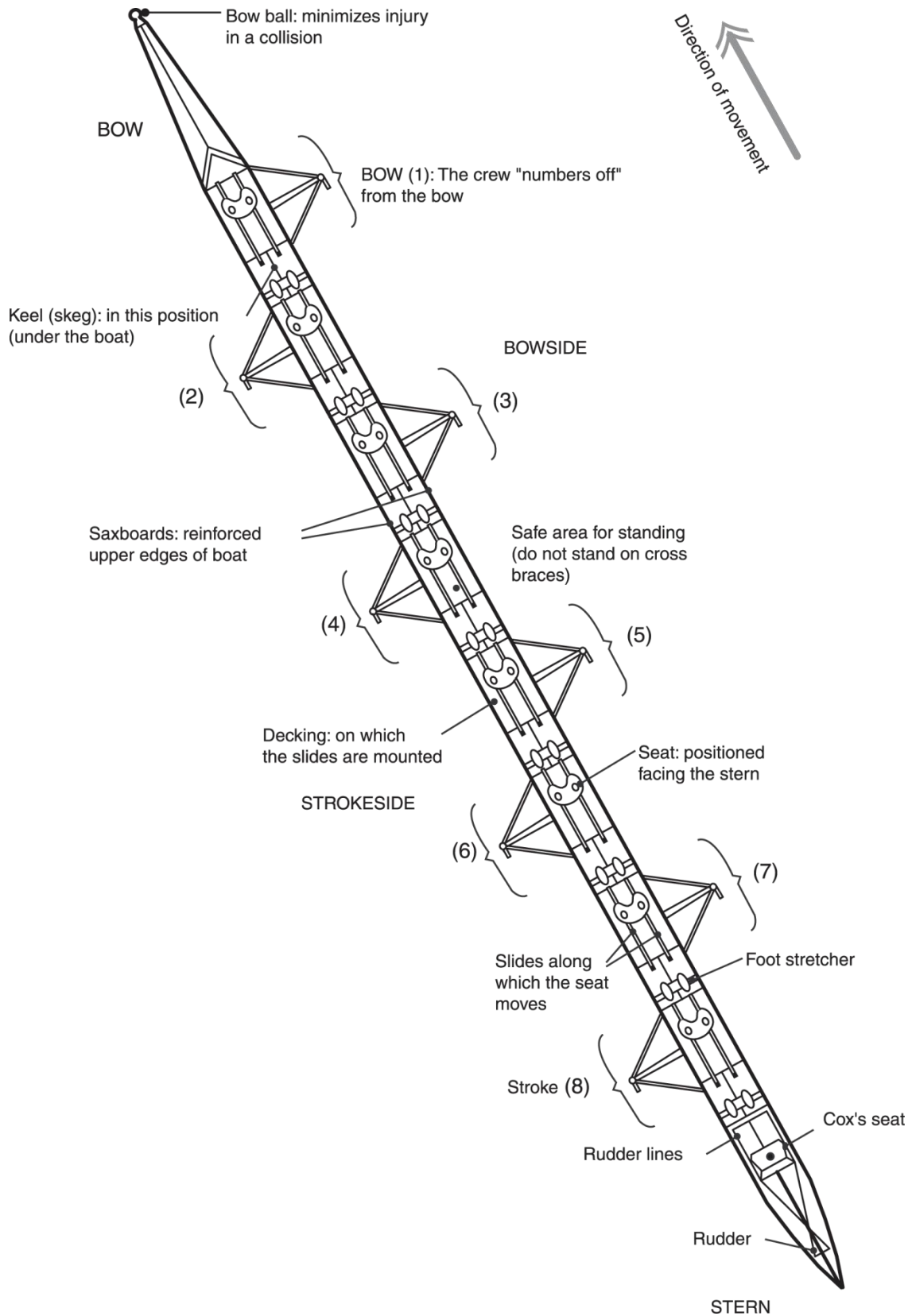
Eat a small snack in the morning before you arrive. Toast with jam or honey or Sustagen is a good start with a full glass of water. Like a car, your body requires fuel in the tank before it will run!

Stretch... It is a good idea to wake your body up with a warm up set of exercises and stretch routine to avoid straining a muscle. Five minutes on the ergo at a light effort followed by light stretching can be very beneficial to having a good session on the water. Once off the water, if time permits, a longer stretch session will help you be ready for your next row. All this equipment is available at the club.

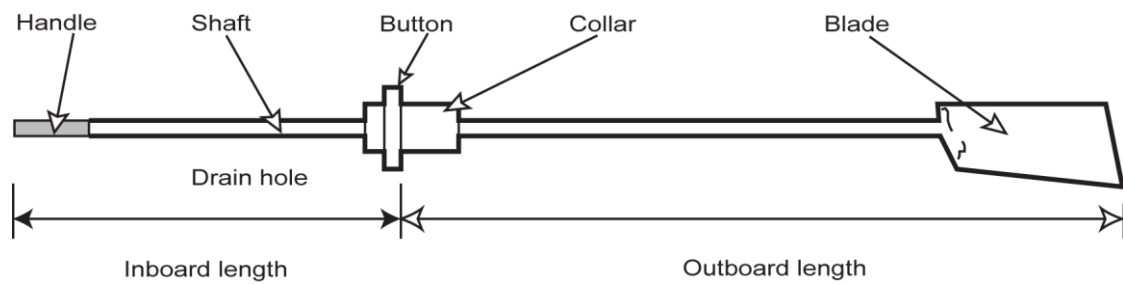
Have a snack ready for immediate consumption after training. This may be a fruit bar, boiled egg, banana, jam sandwich or energy bar. This should be consumed within 20 minutes of training as a source of immediate glycogen and protein replacement.

Yes one of the great benefits of rowing is that you get to eat lots.

# Parts of the Boat



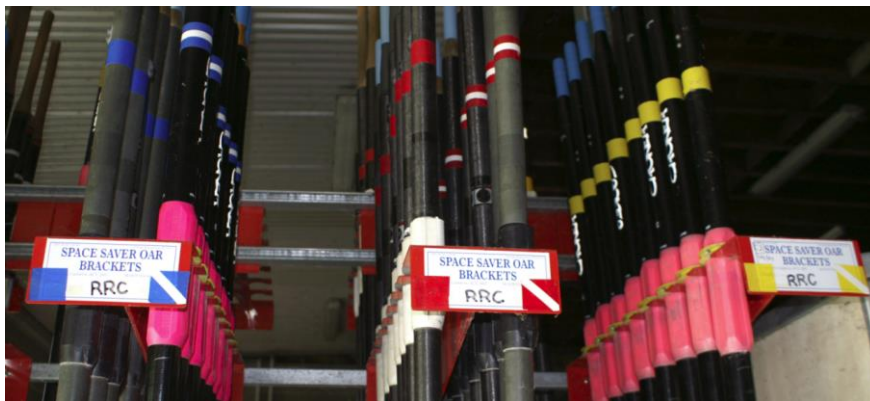
# Parts of the Oar



## Oar choice, storage and handling.

All oars are colour coded and blades are stored flat in line with the rack.

Green - ▲ LTR,      Yellow - ▲ intermediate      Red - ▲ Advanced



All oars face forward in matching pairs.



Always carry oars with the blades in front of you so as to minimise damage.

# Boat choice, storage and handling.

All boats are **colour coded** dependent on skill level, there are some exceptions to this rule. Your coach will assist you with boat selection.

Green -  LTR,      Yellow -  intermediate      Red -  Advanced

Before getting on the water complete the "Boat Register" located on the desk in front of the boat booking board. Fill in the number of the boat, crew, and time taken. This is a safety requirement to ascertain who is on the water; it also assists us to assess the usage of the boats and if there are any breakages that need reporting. On your return enter time of return and identify any breakages.

**Gate socks** need to be removed once the boat has been removed from the shelf, the coxswain can do this. After the boat is washed and before it is returned to the rack place gate socks back on the gates. This is to prevent the boats above or below your boat from being scratched while entering and leaving the rack.

All boats enter the shed for **rack storage** bow ball in unless otherwise stated. There is a green tag on the side of the boat, the rule is that the green arrow goes towards the isle and meets up with the appropriate arrow on the designated rack. See image 1 & 2.



Image 1



Image 2



# Boat Handling 101

- 1) Either the coxen or stroke calls the orders
- 2) In the case of a Quad, have two crew members on each side of the boat
- 3) Slide out the rails and one crew member on each end goes to the opposite side
- 4) On the call of three the order is given to hands on
- 5) Slightly raise the boat from the rails watching the riggers on the above rack, cover the gates with gate covers to protect the boats on entry and exit
- 6) The crew members on the outside slide the rails away and everyone steps towards the isle
- 7) The command is given to move out of the shed while watching riggers on other boats
- 8) If taking out to river for launching make sure you know where you are going otherwise you will be stuck waiting for a spot to launch.
- 9) Alternatively roll the boat and place on stretchers spaced out at each end of the boat.
- 10) Point the boat bow ball in the direction you will be rowing to save turning on the water
- 11) When standing in the water either call "above heads" with everyone standing single file beneath the upturned boat then turn and place the boat on the water or roll the boat with half of the crew members on each side of the boat and lower into the water.
- 12) **Keep the boat clear of the beach to prevent damage to the fin, rudder impellers and shell while getting in or out.**

**Never ever leave a boat unattended.**

# Rigging 101

Why we treat our riggers like fine crystal glasses.



Some boats have fixed riggers and some have quick release riggers that help with reducing boat storage space in the racks.

The way an oar feels to the rower is affected by the rigging of the boat. Adjustments consist of a precise sequence of movements that create the required correct pitch of the blade for a person to have a pleasant rowing session. Everybody's time is important and knocking or dropping a rigger will most likely result in these adjustments having to be done again or the next person who rows it out of pitch to have a really bad row. This person could be you!!!!

Be very careful how you carry a boat into and out of the shed. Be aware of the fixed riggers that will be wider than you and the boat. Always store and select quick release riggers in/from their racks very gently and in their nominated positions. This will save the Boat Captain unnecessary rework pitching boats.

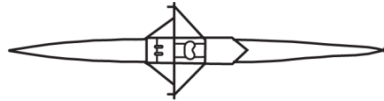


# Boat Types and Configurations

## SINGLE SCULL (IX)

'The single'

1 person with 2 oars



## DOUBLE SCULL (2X)

'The double'

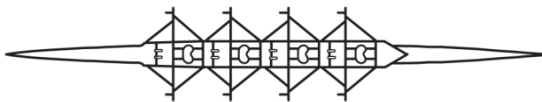
2 people with 2 oars each



## QUADRUPLE SCULL (4X)

'The quad'

4 people with 2 oars each



## PAIR

with (2+) or without cox (2-)

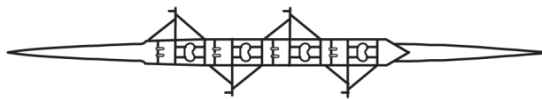
2 people with 1 oar each



## FOUR (IX)

with (4+) or without cox (4-)

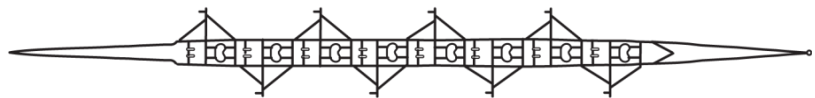
4 people with 1 oar each



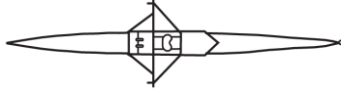
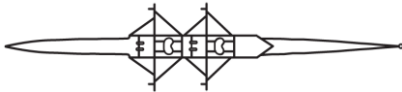







## EIGHT (8+)

8 people with 1 oar each

There is always a cox



# What things cost and why we take care of them so well.

Single Scull <b>\$9000</b>	
Double Scull <b>\$14000</b>	
Quad Scull <b>\$28500</b>	
Eight <b>\$42500</b>	
1 pair of sculling oars <b>\$750</b>	
1 pair of Sweep oars <b>\$1450</b>	
Coxmate <b>\$499</b>	
Cox Box <b>\$999</b>	
Bow light <b>\$70 set</b>	

# Launching and Recovery

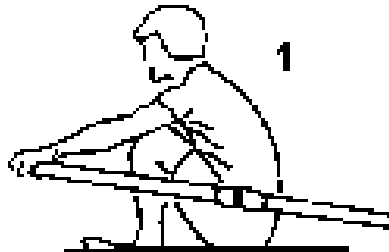


When launching from beach point bow upstream and turn around yellow buoy (if placed in the river to allow or just inside if not) then transit downstream keeping to the correct side of the river. Check thoroughly before turning and crossing the river for the return trip. If going past the beach you must return downstream before again checking for traffic and then turning. This will help to keep you safe from injury and causing damage to boats.

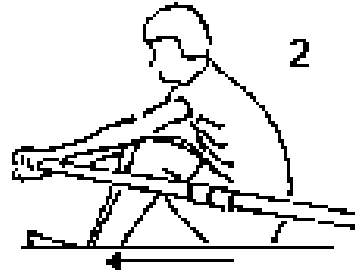
Note: Launching and landing arrangements change during regattas.

# The Rowing Sequence

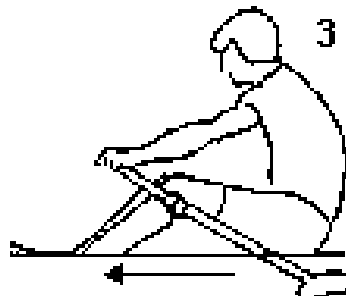
Full length forward



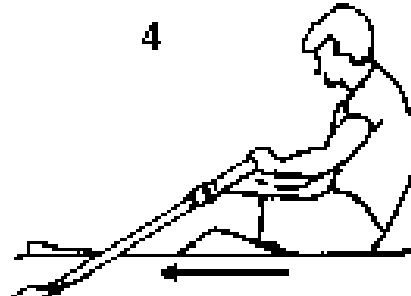
Last quarter slide



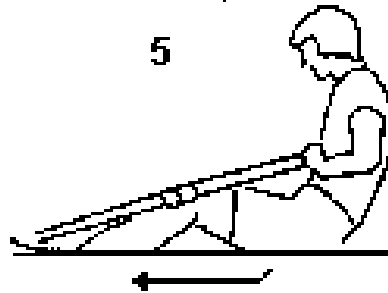
Half slide



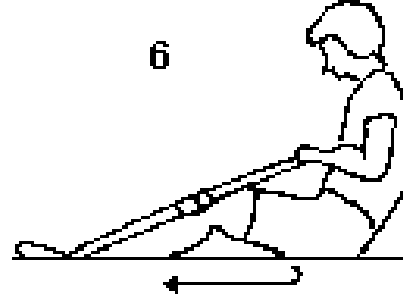
Three-quarter slide



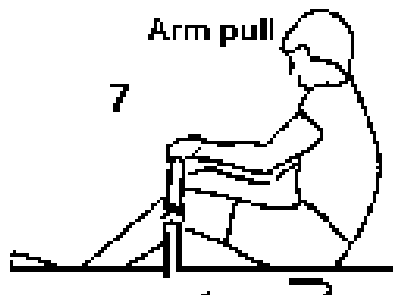
Hands-away/full slide



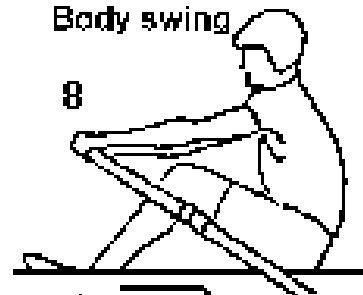
Circular finish action



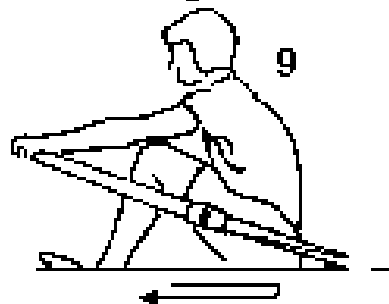
Arm pull



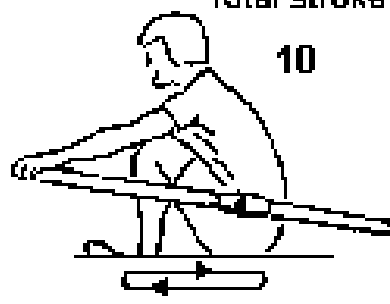
Body swing



Catch/leg-drive



Total stroke



# Rowing Glossary

<b>Backstay/Backarm</b>	Supports the swivel pin to the boat and is adjustable
<b>Backstops</b>	The end of the slides nearest the bow
<b>Blade/Spoon</b>	Flattened or spoon-shaped end of an oar or scull; often used as a term for an oar.
<b>Bow</b>	Forward end of boat.
<b>Bow Ball</b>	Safety ball fitted to sharp stem of racing boat
<b>Bow side (Starboard)</b>	All the rowers whose oars are in the water in the right hand side of the boat when viewed from the stern.
<b>Button</b>	Plastic sheath on an oar to prevent the oar from slipping through the rowlock; adjustable on modern oars.
<b>Canvas</b>	The canvas on bow and stern decks of a boat; in race verdicts, the distance between the bow ball and the bow man's seat
<b>Catch</b>	The part of the stroke when the blade is put in the water.
<b>Collar/Sleeve</b>	Sleeve round the oar to fix the button; makes it easier to move the oar in the swivel
<b>Coxswain (Cox)</b>	Steers the boat from a seat in the stern or laying position in the bow
<b>Crab</b>	Occurs when the rower fails to get the oar out of the water at the finish of the stroke
<b>Drive</b>	The part of the stroke between the catch and the finish - the propulsive part of a stroke.
<b>Ergometer</b>	A rowing machine used for fitness and skill training - on land rowing device.
<b>Feather</b>	To turn the blade parallel with the water surface at the start of the recovery to reduce wind resistance.
<b>Fin</b>	Small flat plate perpendicular to the bottom of the boat to aid steering of a boat.
<b>Finish (release)</b>	The part of the stroke just before the blade is taken out of the water.
<b>FISA</b>	Federation Internationale des Societies d'Aviron (International governing body for rowing).
<b>Foot Stretcher</b>	The unit that holds the shoes or clogs into which the rower puts their feet.
<b>Gate</b>	Bar across an oarlock/swivel to retain the oar.
<b>Handle</b>	The part of the oar that the rower holds during the stroke.
<b>Hull</b>	The underside of the boat that travels through the water.
<b>Inboard</b>	The distance between the far end of the handle of an oar or scull and the face of the button. The remainder is called the outboard.

<b>Oar</b>	The lever used to propel the rowing boat, usually numbered to correspond to the seat number of the rower using the oar.
<b>Oarlock/rowlock</b>	A bracket which swivels on the end of the rigger to support the oar.
<b>Outboard</b>	The distance between the end of the blade on the oar to the face of the button - the remainder is called the inboard.
<b>Pin/Swivel pin</b>	The pin on which the gate rotates.
<b>Rate/Rating</b>	The rate of stroking, or the number of strokes per minute that a crew is rowing at.
<b>Recovery</b>	The part of the stroke cycle between the finish and the catch in which the oar is feathered and the seat is returned to the aft end of the slide or the oar is placed back into the catch position.
<b>Regatta</b>	A competitive event raced in rowing boats.
<b>Release</b>	When the blade is taken out of the water.
<b>Rigger</b>	A framework to support the oarlock/gate which is placed approximately 78-88cm from the centre of the boat.
<b>Rudder</b>	Steering device attached to the stern or under the hull of a shell.
<b>Sculls</b>	A pair of oars for sculling boats (singles, doubles, quads).
<b>Seat</b>	What rowers use to sit on to slide up and down the rails during the action of the stroke.
<b>Shaft</b>	The shaft or part of the oar between the handle and the blade.
<b>Slide tracks/runners</b>	The parallel tracks on which the seat moves.
<b>Square Blade</b>	Where the blade is square in the swivel.
<b>Strapping</b>	Support device applied to fixed seats for back support/restrictive device applied to the legs to eliminate slide movement.
<b>Stroke side</b>	All the rowers whose oars are in the water in the left hand side of the boat when viewed from the stern.
<b>Stroke</b>	The complete cycle of moving the boat through the water using the oars.
<b>Sweep</b>	Long oars with narrow blades (pairs, fours, eights). One oar per rower in a boat of 2, 4 or eight rowers.



# Recording sheet

1. Watched Training Video \_\_\_\_\_
2. Name parts of the boat \_\_\_\_\_
3. Carrying boat/oars \_\_\_\_\_
4. Getting in and out of the boat \_\_\_\_\_
5. General boat manoeuvres
  - Launching from beach or pontoon \_\_\_\_\_
  - Turn the boat 360° in one direction then the other \_\_\_\_\_
  - Row the boat backwards and forwards in a straight line \_\_\_\_\_
  - Emergency Stop of the boat \_\_\_\_\_
6. General Rowing to include
  - Rowing continuously with full slide \_\_\_\_\_
  - Rowing with variable length slide \_\_\_\_\_
  - Rowing with good ratio of drive to recovery \_\_\_\_\_
7. Basic drills to be learnt include
  - Square blades and delayed feather \_\_\_\_\_
  - Slide checks \_\_\_\_\_
  - Catch exercise and single stroke \_\_\_\_\_



# *Certificate of Completion*

## *Learn to Row Program*

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Name

Has achieved basic competencies in  
rowing through the completion of the  
Riverway Rowing Club LTR program

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Signature of Coach

Date