



## Boating - Typical Rowing Commands

Once you are in the boat you are likely to be required to give or follow some or all of the following boating commands. Therefore you need to be very familiar with them.

A good technique when manoeuvring the boat (i.e. coming in alongside) is to tell your crew in advance what you are trying to achieve, e.g. 'We are going to come in alongside the jetty on the port side'. This will mean that the crew knows what you are trying to achieve and they will be better prepared for the ensuing commands, thus making it easier to control the boat.

Command	Action
Adjust Stretchers	Adjust the stretcher so that your legs are nearly fully extended when you are seated.  <b>Note:</b> It is recommended that you wear bare feet or boat shoes once in the boat. Most sandals and sneakers do not give a good grip on the stretcher. If rowing in bare feet, ensure that you have some footwear with you, as you do not know what the ground may be like were you get out of the boat.
Ship Crutches	Put the crutch in the crutch socket. If the crutch has a high side, then it should face the bow.
Select Oars	Place your hand on the oar you will be using. Do not lift the oar up until you are told to do so.
Toss Oars	Raise the oar you are holding.
Blades Fore & Aft	Align the blade of the oar fore and aft, this makes things look tidy.
Oars to Crutches	Lower your oar into the crutch.
Stand by to Give Way Together	Have your oar in position, ready to start rowing. The blade of the oar should be just above the water surface.
Give Way Together, Dip	Take your first stroke on the command 'Dip'.
Dip.... Dip....Dip...etc	Take a stroke each time the command 'Dip' is issued.  If you are the one calling 'Dip' ensure that you maintain an even call – between each call, say to yourself 'one thousand and one and', then call out 'Dip'. This will help to maintain an even call.
Take your Time from the Stroke, Dip	Once under way, the coxswain may choose to stop calling 'Dip' and ask the stroke to set the pace. The coxswain will say 'Take your time from the stroke' and then call out Dip once more at which point the stroke will take over. The stroke may or may not call the stroke. The crew should be watching the stroke and follow the strokes movements.

Getting Under Way



	Command	Action
When Rowing	Hold Water	Brace your feet against the stretchers and place the oar into the water at right angles to the boat and hold it there. This will bring the boat to a stop or hold it in place.
	Back water	Backwater means to row backwards. The commands are similar to the above, i.e. 'stand by to backwater', & 'backwater, dip'.
	Rest on Oars	When you have stopped rowing you bring your oar across the boat and rest the handle of the oar on the gunwale of the opposite side of the boat. Feather the oars so they do not catch the wind.
	Out Oars	This command is given when you are ready to get underway again after resting on oars. The oars are slid out along the crutch at right angles to the boat ready for rowing.
	Easy all, easy port ...	When underway, if the crew are not pulling evenly or if you want to slow the boat down you tell the relevant portion of the crew to row easy.
Stopping Rowing	Way Enough, One, Two	<p>The command 'way enough' gives you the warning that you are about to stop rowing. After the command you complete two full strokes on the count of 'one' &amp; 'two'. You then stop rowing.</p> <p>Some groups use the command 'oars' as the signal to stop rowing and do not take the two additional strokes.</p> <p><b>Note:</b> Strictly speaking the command 'way enough' implies that you have finished rowing and the next set of commands will see you toss and boat oars etc, whereas the command oars may just be a pause and rowing may commence again.</p>
	Toss oars	Raise the oars from the crutches and hold upright. The command 'blades fore and aft' is also likely to be given.
	Boat oars	Place the oars (neatly) back into the boat where you initially picked them up from, blades towards the bow.
	Boat Crutches	Take the crutches out of the crutch socket and place them back inside the boat.
The Bowman	Bowman Toss & Boat your oar	<p>When coming into shore, you may want your Bowman to get ready early, i.e. while the others are still rowing.</p> <p>The Bowman tosses and boats their oar while the rest of the crew continues with what they are doing.</p>
	Bowman Stand by	The Bowman gets up and moves to the bow ready to fend, pick up a buoy, or disembark when shallow enough to hold the boat
	Bowman Over	The Bowman jumps over the side and steadies the boat while the rest of the crew toss and boats oars etc