Equipment Handling Rules

Boats are EXPENSIVE, a new 8+ would cost the club around $30,000. One oar costs over $300, so HRRC takes great care in handling and rowing the boats. Because the Lafayette is a salt water river, boats are washed after each outing to prolong their life. Most damage (except for normal wear and tear) to equipment is done before it ever gets in the water. By knowing proper boat handling, costs for the club can be kept at a minimum, and all boats can be ready to row and any time.

General

1. Be sure that there are at least as many rowers to carry the shell as seats in the shell, for example, eight rowers to carry the eight

2. Before lifting the shell off the rack, identify the person who will call the commands

3. The person 'calling' will normally be the cox (in a coxed crew), the bow seat rower or the coach.

4. Always listen to the caller and obey their commands when they call them, don't anticipate commands.

5. The person calling will stand at the back of the shell providing a view line of the entire shell as well as where the shell is going and possible obstacles.

6. Rowers are always looking for obstacles and all have the responsibility to stop movement of the shell before any contact occurs

Equipment Handling Commands

The caller will tell the crew what they will be doing next (e.g., "**on my call, lift up to shoulders**"), then when the caller decides that all are ready, they will say "**Ready, and lift**" — "**Ready**" tells the rowers that the next command is coming and then the brief command that follows, such as "**lift**", signals the action. The purpose of this sequence is to synchronize the actions. This will move the shell in a controlled manner, distributing weight evenly and keeping it balanced.

The commands "**Weigh enough**" and "**Let it run**" indicates that whatever movement is happening should be halted right away.

Lifting the shell from the rack:

1. Each rower should stand next to a seat, and when it is known, stand by their assigned seat.

2. "**Hands on**" each rower will reach across to the opposite gunnel and wait.

3. "**On my call, up an inch and out**" "**Ready, up and out**" rowers lift the shell off the rack and out into the middle of the boathouse, all together.

4. The caller will decide if the shell needs to be lifted higher, lowered or tilted to one side and will make that call.

Oar Carrying and Care:

1. Carry blades forward in view, to avoid contact with obstacles

2. Do not drag the oars and do not drop the handles into the water

3. When removing oars from the oar rack don't scratch the blades against the racks.

Walking the boat to the water:

1. The rower behind the rigger watches to make sure the rigger is clear.

2. "**Walk on**" Rowers walk the shell towards the water.

3. A series of calls from the cox directs the crew to the water.

Placing the shell on the water:

1. **Very Important:** Make sure you are deep enough such that the skag does not hit the sand and far enough from the dock post.

2. "**On my call, reach across and up over head**" "**Ready, reach across, and, up**". Rowers each reach across to the opposite gunnel, step under the shell and press it up overhead.

3. Toes to the edge of the dock

4. "**On my call, roll it down**" "**Ready, and roll**". All rowers synchronize the roll of the shell away from the beach; bow and stern touch the water at the same time and the riggers do not dip into the water.

5. Once the shell is on the water, at least one (more in windy conditions) rower must stay with the shell while the rest of the crew gets ready to row.

6. Ports will get the oars, Starboards will undo the oarlocks for themselves and their Port rower.

Entering the shell:

1. Rowers must push their oar out fully into the oarlock.

2. Rowers simultaneously put one foot into the middle of the shell between the runners of the seat. (Where the white tape is located). **Never step on the hull of the boat.**

3. Rower should hold onto their oars while loading into the boat.

4. Rower sits down into their seats.

After a row:

1. Cox safely brings the shell to the dock. Be aware, do not allow the bow of the boat to hit anything.

Exiting the shell:

1. Holding onto their oars, the rower puts one foot into the middle of the shell between the runners of the seat. **Never step on the hull of the boat.**

2. Exiting rower stands up and steps out into the water, leaving their oar fully pushed out into the oarlock.

Lifting the shell out of the water:

1. "**Hands on**". Rowers will crouch and place one hand on each gunnel. All rowers should have the hand closest to the dock on the same gunnel. This will have all rowers facing in the same direction when the boat is lifted.

2. "**On my call, lift up and overhead**"; "**Ready, up and overhead**". Rowers will lift all together and swing the shell up overhead and then wait.

3. "**Split**" or "**Split starting with bow seat**". Rowers will step away from the middle of the shell, bringing the shell down to their shoulder, alternating, according to the command.

4. A series of calls from the cox directs the crew to the slings.

Placing the shell into the slings:

1. "**Into the slings**". Rowers' place shell over the slings and lower it into slings for washing and drying.

2. An eight shell, the slings should be placed under the 2 and 7 seat rigging.

3. A four shell, the slings should be placed under the 1 and 4 seat rigging.

When the shell is ready to be put back on the racks:

1. "**Hands on**". The crew should all line up next to their seat and await the commands.

2. "**Up to shoulders**". Rowers lift the shell all at once up to their shoulders, and clear obstacles (slings) from the walking path.

3. Again, the rower behind the rigger watches to make sure the rigger is clear.

4. A series of calls from the cox directs the crew to the racks.

5. The cox will decide if the shell needs to be lifted higher, lowered or tilted to one side and makes that call. The cox will reverse the commands used for taking the shell off the rack. All rowers will stay ready to adjust the placement of the shell until the cox indicates that all is done.