

Coxing – a checklist

- Safety is your number one priority – always concentrate on steering and what is going on around you before start coaching a crew.
- Keep it simple, concise and always under control.
- Be firm with your crew and command in an authoritative tone. You are responsible for the crew and can, if required, conclude an outing without appeal.
- Instruct positively and be encouraging – a little humour can help put people at ease.
- The crew does nothing unless you say so....the magic word is **GO**.
- You must wear a life jacket – it must be done up!
- The cox is the eyes and ears for the crew – on land you supervise and control moving the boats (the crew does the lifting) on the water you steer and command the boat.
- Always check the rudder operation before an outing – and ensure it remains undamaged when being handled on the pontoon.
- Be courteous and polite to your crew and other river users – you are representing GGBC.
- **IF IN ANY DOUBT – DON'T DO IT!**

Safety must be stressed:

- Ask if all the crew can swim 50m?
- Are the crew dressed appropriately?
- Has anyone got a medical complaint that might cause a problem - remember this could endanger the whole crew.
- The crew knows what to do if the boat were to capsize – stay with the boat, ensure everyone is there, and await instructions from the cox.
- The crew understand how to stop the boat quickly – hold it up!
- The crew understand the 'easy' position with legs flat arms out and blade flat on the water – The blades stabilize the boat, so don't pull them in board unless told by the cox (even if the blades are entangled in trees!)

Weather conditions - Don't take out a crew if

- the river is flooded
- the wind is high
- there is thunder and lightning
- visibility is poor
- if you have any doubts **DON'T GO OUT.**

Commands

Bow side	Sit the boat
Stroke side	Rowing on
Bow, 2, 3 and Stroke	Backing down
Bow pair	Spin the boat
Stern pair	Easy there
Backstops	Hold it up, and Hold it up hard
Front stops	Stroke & Recovery

Enjoy your coxing – it's great fun!