

Coxing Commands

Desired Action	Command	Notes
Assembling at the boat	"Hands on"	
Getting boat off the rack	"Hands on, ready, racks out, bow/stroke side under, lifting to shoulders on three..."	<i>Make sure they lift the boat off the racks, rather than sliding it off.</i>
Carrying boat out of boathouse	"Walking out of the boathouse minding the riggers. Stern clear (when it is...) walking down to the river"	<i>You should stand at the stern, protecting the rudder from getting bashed when they turn the boat round!</i>
At water's edge	"Find the edge, lifting to heads, dropping to waists on three... and pushing out"	
Getting in the boat	"Bowside in, Stroke side holding the riggers. Bowside blades out, holding for strokeside. Stroke side in"	<i>Make sure boat is not resting on the riggers, get them to push it out a little if it is.</i>
Checking crew is ready	"Number off from bow when ready"	
Stopping rowing	"Easy there"	
Stop the boat (normal)	"Easy there, take the run off"	
Stop the boat (emergency)	"Hold it up"	<i>In a forceful tone!</i>
Spinning the boat	"Spinning the boat, alternate strokes starting with bowside. Bowside take a stroke... and stroke side back it down..."	<i>Vary strokes if you need to, i.e. sometimes bowside/strokeside may need to take several strokes at a time</i>
Aligning the boat	"Take a tap" "Take a stroke" "Paddle on strokes"	<i>A tap is less powerful than a stroke. If paddling in pairs with a novice crew, remind them to follow each other!</i>
Parking at the boathouse	"Stern four out, paddle on bow four..." (may need 2 to tap it, and/or stroke to back it down)	<i>Slow right down before the boathouse to check there is a clear space. Land it slowly!</i>
Getting out of boat	"Bowside out, stroke side holding. Blades out strokeside, bowside holding the riggers"	
Getting boat out of water	"Hands on, lifting to waists, up to heads, split to shoulders, strokeside to the river"	
Putting boat away	"Walking into the boathouse stern first, minding the riggers"	