

Equipment Handling Rules

Commands

- The call 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” (or “in two lift”, then “one, two, lift”) — “Ready” tells the rowers that the next command is coming (and gives the crew the opportunity to say if they are not ready) 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 command “Let it run” indicates that whatever movement is happening should be halted right away.

Taking the boat out

- 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, four rowers to carry the quad.
- **Singles must be carried by 2 athletes unless otherwise instructed by a Coach**
- Before lifting the shell off the rack, identify the person who will call the commands
- The person ‘calling’ will normally be the cox (in a coxed crew), the bow seat rower or the coach.
- As soon as the person begins ‘calling’ the boat the crew stops talking to each other and listens and waits for the commands.
- The person ‘calling’ will place him or herself 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.
- All rowers have the responsibility to stop movement of the shell before any contact occurs.
- Always ask for help, particularly when carrying the doubles and singles.

Carrying oars:

- Carry blades forward in view, to avoid contact with obstacles. [Carry two sculling oars at a time.](#)

Lifting the shell from the rack:

- Each rower should stand next to a seat, and if it is known, stand by their assigned seat.
- “Hands on” – each rower will reach across to the opposite gunnel and wait.
- “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.
- The caller will decide if the shell needs to be lifted higher, lowered or tilted to one side and will make that call.
- At this time the caller may get the crew to split. “Split” or “Split starting with stroke seat” – When splitting, watch the rower in front of you, you then go to the opposite side of the boat. Keep the boat at height until all crew members have split, then lower the boat if the call has been made to lower. IT IS VERY IMPORTANT to keep the boat AT HEIGHT UNTIL ALL the crew members have split - WAIT for the next call

(eg: down to shoulders/down to waist) before lowering. Lowering the boat before all members have split causes uneven load and rower injury.

Leaving the boathouse:

- The rower behind the rigger going through the doorway watches to make sure the rigger is clear.
- As their rigger passes through the doorway, the rower calls out the rigger number, indicating it is clear
- At this time the caller will get the crew to split, if they haven't already. When splitting, watch the person in front of you and then you go to the opposite side of the boat. Keep the boat at height until all crew members have split, then lower the boat to shoulders or waist according to the call.
- The shell is carried down the dock.

Placing the shell on the water:

- If you have been carrying the boat at waist height you must lift the boat up overhead. "Up to shoulders" – first all crew members lift to shoulder height. "Up overhead" – Lift the boat up overhead so that you are standing under the boat.
- "Toes to the edge" – Rowers side step with shell overhead until their outside foot is at the edge of the dock
- "On my call, roll it down" "Ready, and roll" – All rowers synchronize the roll of the shell away from the dock, reaching away to assure the shell does not touch the dock; bow and stern touch the water at the same time and the riggers do not dip into the water.
- 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.

Entering the shell:

- "Blades across" – Rowers with a blade on the waterside push their oar out fully into the oarlock.
- "One foot in" – Rowers all put one foot into the middle of the shell between the runners of the seat.
- "And down" – Rowers all sit down into their seats.

After a row

Cox or bow safely docks the shell. All rowers hold onto the dock while the cox steps out. Cox/bow calls for some rowers to lean in towards the dock while the others undo their oarlocks. This balance is important to prevent capsizing at the dock. Keep your hands on the blade(s) at all times when in the boat. Do not pull the blades across at this time

Getting back onto the dock:

- "One foot up" – Holding onto their oars, all rowers put one foot into the middle of the shell between the runners of the seat. Never step on the hull.
- "And out" – Rowers stand up and step onto the dock, bringing the waterside blades across with them.

Lifting the shell out of the water:

- “Hands on” – Rowers will crouch on the side of the dock and place one hand on each gunnel. If the rower puts the hand closest to the boathouse on the farthest gunnel, then once the shell is up overhead, all rowers will be standing facing the boathouse.
- “On my call, lift”; “Ready, up” – Rowers will lift all together, bring the shell to waist.
- “Into the slings” – Rowers carefully step backwards and lower the shell into the slings for washing and drying.

When the shell is ready to be put back into the boathouse:

- “Hands on” – The crew should all line up next to their seat and await the commands.
- “Up to shoulders” – Rowers lift the shell all at once up to their shoulders, and clear obstacles (slings) from the walking path on the dock.
- “Walk on” – Rowers walk the shell towards the boathouse.
- “At the ramp, down to waist” – As rowers step from dock to ramp, they bring the shell down to their waist.

Entering the boathouse:

- The rower behind the rigger going through the doorway views and makes sure the rigger is clear.
- As their rigger passes through the doorway, the rower calls out the rigger number, indicating it is clear.

Placing the shell back on the rack:

- Inside the boathouse, the caller will decide if the shell needs to be lifted higher, lowered or tilted to one side and makes that call.
- The caller 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 caller indicates that all is done.

Rowing shells, rigging and oars are easily damaged. If you believe there may be some damage to any equipment, inform the coach and record it as an incident.