

# Danish rowing commands and terms – translation and explanation

(Rokommandoer og -begreber på engelsk)

## Commands

<b><i>Kommando (dansk)</i></b>	<b><i>Forklaring/explanation</i></b>	<b><i>Command (english)</i></b>
Det er vel (roet).	Rowers stop what they are doing and sit with arms and legs stretched and oar blade out of the water and horizontal.	'Way enough' or 'Easy Oars'.
Til roning klar.	Rowers are ready for rowing – arms stretched, legs bent, oar blade squared out of the water	Ready to row.
Ro væk.	Rowing begins.	'Row' or 'Go'.
Til skodning klar.	Rowers are ready for backing – arms bent, legs stretched, oar blade squared out of the water, blades reversed on the square.	'Ready to back' or 'Back it down'.
Skod væk.	Rowing in reverse.	'Back' or 'Go'.
Sæt i.	Oar blade 5-10 cm under water in order to diminish speed.	Check (it down).
Sæt hårdt i.	Oar blade under water – blade vertical with the hollow side pointing in the direction the boat moves.	Hold water.
Åren på vandet.	The oar blade feathered position and placed on the water. Arms and legs stretched.	'Blades down' or 'Drop'.
Åren tværs.	The oar is pulled in across the boat until the collar touches the opposite gunwale.	Blades/Oars in.
Åren langs.	By bending backwards the rower pulls the oar shaft over his/her body thus placing the oar blade and oar shaft alongside the boat.	Go into layback position.
Åren ud.	The oar is pulled/swung out and the rowers are in 'Way enough' position.	Oars out.
Småt ro (styrbord, bagbord eller begge).	Rowers are rowing with the same pace and the same rhythm as ordinary rowing, but with less pull during the drive – either starboard or port or both.	(Port/Starboard) light pressure.

Normalt/lige træk.	Normal pressure both port and starboard.	Normal Pressure.
Bagbord/styrbord til skodning klar – styrbord/bagbord klar til roning i modsat takt. Skod/ro væk.	Port/starboard are backing their oars while starboard/port are rowing in the reverse stroke – basically a river turn.	Ports to back/row starboard or row/back.
Kvart åren.	The oar is pulled in to the extent that the rowers have on hand on each side of the leather covering around the button. This can be done while rowing.	Pull in your oar halfway and continue rowing.
Se til åren.	While continuing to row the rowers are watching the oar to avoid collision with buoys etc. To the extent necessary the rowers pull the oar in, place it alongside the boat or continue to row with the oar pulled in.	'Heads up' or 'Watch your blades'.
Klar til at rejse åren.	The rowers loosen the lock on the swivel and pull the oar in until the leather/plastic covering the loom is free of the swivel.	Ready to lift the oars.
Rejs åren.	The rowers lift the oar out of the swivel and place it with the blade in the air and the oar shaft resting on the plates in the bottom of the boat as close to the keel as possible. The oar blades should point transversely to the keel.	Lift the oars.
Lad falde.	The oar is lowered and placed on the gunnel, just aft of the swivel. Immediately afterwards it is lifted into the swivel and the gate is closed.	Lower the oars.

## Terms worth knowing

<b>Udtryk (dansk)</b>	<b>Forklaring/explanation</b>	<b>Term (english)</b>
Stævnen	The front of the boat	Bow
Styrbord	The cox's right hand side.	Starbord
Bagbord	The cox's left hand side.	Port
Køl	The 'backbone' of the boat.	Keel
Essing	The upper edge of the boat	Gunwale/gunnel
Spændholt	The plate(s) where the rowers feet are placed during rowing.	Bootstrecher/footstr echer
Klemring	A plastic or metal fitting tightened on the oar to keep the oar from slipping through the oarlock.	Button/collar
Ror		Rudder
Åreblad (Macon)		Oar blade
Big-blade årer		Hatchets
Scullerårer		Sculls
Skinnerne til sædet	The track on which the seat is rolling.	Slide
Rullesædet	The sliding seat that the rower sits on. The term "seat" also refers to the rowers place in the boat. Rowers are usually called by the number of their seat counted from bow to stern, i.e. the rower closest to the front of the boat is "1-seat" the next, "2-seat", et c. The 1-seat is also commonly referred to as "bowseat" or just "bow" while the sternmost (rear) seat is referred to as "stroke seat" or just "stroke".	Seat
Svirvel - havelåge	A U-shaped <i>swivel</i> which holds the oar in place. It's mounted at the end of the rigger and rotates around a metal pin. A <i>gate</i> - the oarlock - closes across the top to keep the oar in the swivel.	Swivel - oarlock
Styrmand	The person who steers the shell and urges the rowers on during practices and in a race. A knowledgeable coxswain can also serve as a coach for the rowers and can be the difference between winning and losing a race.	Coxswain/cox

Tagåren/Stroken	The rower sitting nearest the stern (and the coxswain, if there is one). The stroke is responsible for setting the stroke length and cadence.	Stroke
Rytmen	The ratio of the recovery time to the drive time. The recovery time should always be longer than the drive time. In DSR we work with the ratio of approx. 2:1.	Ratio/the beat
Tempo	The number of strokes per minute. Also known as stroke rating.	Rating
At grave	A problem encountered by a rower when his or her oar gets 'stuck' in the water, usually right after the catch or just before the release, and is caused by improper squaring or feathering. The momentum of the shell can overcome the rower's control of the oar. In more extreme cases the rower can actually be ejected from the shell by the oar.	To crab
At løfte åren ud af vandet før taget er afsluttet	When the blade comes out of the water before the drive is finished.	To wash out
Når man ikke søger vandet nok.	The fault of carrying the hands too low during the recovery especially when a rower dips his or her hands just prior to the catch (i.e. a sort of winding up). This usually results in the blade being too high off the water's surface.	Skying
Når man ikke har sat åren ordentlig i vandet før rotaget startes.	The rower starts the drive before the catch has been completed (or even started in some cases). This is also referred to as rowing into the catch.	Missing the water – being early og late. Hanging at the catch.
Tøve i indsatsen.	When the blade is hesitating before entering the water.	Hanging at the catch.
Skive til vandret	The act of turning the oar blade from a position perpendicular to the surface of the water to a position parallel to the water. This is done in conjunction with the release.	To feather

Skive til lodret	A gradual rolling of the oar blade from a position parallel to the water to a position (almost) perpendicular to the surface of the water. This is accomplished during the recovery portion of the rowing cycle and is done in preparation for the catch.	Squaring
Indsats	The point of the rowing cycle at which the blade is put in the water. It is accomplished by an upward motion of the arms and hands only. The blade of the oar must be fully squared at the catch.	Catch
Afslutning	A sharp downward (and away) motion of the hand that serves to remove the oar blade from the water.	Release/Finish
Fremkørsel	Part of the rowing cycle from the release up to the catch.	Recovery
Selve rotaget.	That part of the rowing cycle when the rower applies power to the oar. This is a more (or less) blended sequence of applying power primarily with a leg drive, then the back (By opening the hip joint) and finally the arms and shoulders.	The drive/pull-through
Smig	The angle between the blade (on the drive when the blade is 'squared') and a line perpendicular to the water's surface.	Pitch

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