What all “kaniner” should know

The cox (styrmand) decides all

- The cox decides which boat to be rowed
- The cox ensures the trip is registered in the rowing-protocol system with crew, departure, arrival, route
- No matter who is sitting in the cox seat, the cox has the final responsibility and authority.

Preparation of the boat

- The boat is taken out of the hall
- The oars are carried one at a time, blade forward, held even at hip height.
- The cox ensures that the safety checklist is complete. Remember BÅLFRØ:
    - **B**undpropper (Bottom screws)
    - **Å**rer (Oars)
    - **L**uger (Enclosures)
    - **F**angliner (Towing & Mooring lines)
    - **R**edningsveste (Lifejackets)
    - **Ø**se (Small bucket)
- The crew ensures the club flag (stander), seats, bottom planks, foot harnesses are in their proper place.

Launching the boat

- The oars are placed on the end of the dock.
- The boat is rolled out on a cart down the ramp until those holding the side straps are about to walk in the water.
- The person holding the nose of the boat lifts it by the keel (lift with legs!) and shuffles slowly forward, until the keel passes the closest strap. Then it can be lowered into the water and pushed into the water, parallel to the dock.
    - **The boat’s keel must not be dragged against the strap or hit the metal bar of the cart.**
- A rower should be on the dock, ready to receive the boat.
- The crew puts the oars in their place (swivel pointed towards the cox)
- Do not fasten the swivels for the side towards the dock.
- The rudder and club’s flag are put in place.

Commands

The structure of commands

Commands are built up in stages.

1. **Who** the command is directed towards. (Side or Seat number)
2. **What** the command is about
3. **Execution** of the command

For example:

1. Bagbord (Port side)
2. Til roning klar (To rowing ready)
3. Ro væk (Row)

If the **Who** is omitted, the command is applicable to all rowers available. A rower is considered available if the most recent command they have received is “Det er vel”.

Say commands clearly, loudly, and calmly but with intention.

Getting on and off the boat

- The Cox says *”1 til 4 klar til at gå ombord/fra borde”*
    - On: Put the closest foot into the boat on the bottom planks or middle plank. Keep the other foot with weight on the dock.
    - From: Stand up on the bottom planks, and lightly place the foot closest to the dock onto the dock. Keep weight in the boat, on the other foot.
- The Cox says *”1 til 4 om bord/fra borde":*
    - On: Shift weight to the boat, and bring the second foot onto a bottom plank.
    - From: Shift weight onto the dock, and bring the second foot onto the dock.
- The Cox is the last onto the boat, and the first to exit.

Leaving the dock

- The cox says: *”Vi går agter/for”*.
- The cox and rowers closest to the dock, help push the boat out, alongside the dock.

All Commands

Danish-rowing-commands-and-terms-translation-and-explanation.pdf

Changing positions in a boat

- A change is called by the cox with the command “åren langs” and “Vi skifter”.
    - “Åren Langs” is achieved by leaning back in your seat and sweeping the oar handle across your body so the oar is parallel to the boat.

- The rower in seat 1 will make their way slowly forward in the boat, only stepping on the bottom and middle planks. They should keep their center of gravity as low as they can.
- As rower 1 walks past each of them, the other rowers move to the seat behind them. When they are in their seats, and feet are secured, they take their oar back out to a “Det er vel” position.
- Rower 1 and the cox swap places, the cox taking the nearest rowing seat.
- The new cox keeps balance in the boat as the rowers finish getting seated.

The boat is taken out of the water

- The oars are placed carefully face down on the pavement by the boathall.
- The rudder and flags are taken off and placed into the boat
- A boat cart is rolled down the ramp, until those holding the side handles are at the water’s edge.
- With someone prepared to receive the boat, it is slowly pushed in.
- The boat is caught and lifted up (lift with legs) and moved up the ramp until the front-compartment end (for a 2) or the red marks on the boat (for a 4)
    - **The boat’s keel must not be dragged against the strap or hit the metal bar of the cart.**
- The loaded cart is pulled up to the boat hall entrance which the boat belongs to.

Return of material

- The bottom screws are placed on the starboard side of the cox seat.
- Return all relevant material from the boat (flags, lifejackets, cushion, etc)
- The boat is wiped off (every time) or washed (if rowing protocol says so).
- The front and end (lids) are left open, and oars are placed back onto the boat (blades towards water).
- <u>If the boat has to be lifted into place:</u>
    - The end of the boat is heaviest, place people accordingly.
    - The Cox calls “Fatte - Løft - Sæt” (Grab hold– Lift – Place)
    - The boat is grabbed generally from underneath on the keel.