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THE CLUB

History

City of Sheffield Rowing Club (CSRC) was founded in 1968 and is an open club for all ages and abilities. We cater for recreational and competitive rowers; for beginners and experts.

We have active junior, senior and veteran squads, both male and female, which can always accommodate new members.

Location

Sheffield City members row on Damflask reservoir. The reservoir is situated a few miles outside Sheffield city centre, just within the Peak District National Park. When full, it offers a 2000m stretch of uninterrupted water.

ADDRESS

Damflask Rowing Centre,
Damflask Reservoir,
Loxley,
Sheffield S6 6SQ

TELEPHONE

Boathouse Landline: 0114 285 1919

Club Organisation

CSRC is managed by a committee consisting of Chairman, Club Captain, Vice Captain, Secretary, Treasurer plus four other ordinary members. Members may be co-opted onto the committee to perform other roles or provide representation of certain sections of the club as required.

The Committee meets monthly and all club members are encouraged to put forward their views and suggestions which will be discussed at meetings. Full details and contact numbers are available at the end of this handbook or can be found on the web site.

Facilities

CSRC shares facilities with Sheffield University and Sheffield Hallam University and the three clubs are known collectively as Damflask Rowing Centre (DFRC). The existing facilities were built in two stages - the original boathouse in 1970 and the newer boathouse in 1990. The 'old' boathouse is used solely for storage of boats and oars whilst the 'new' boathouse also contains a kitchen area, the changing rooms, showers and a toilet as well as storage for boats and launches. Racking is available for private boats.

Damflask is open to the public for walking and fishing and the water is shared with the Viking Sailing Club.

Child Protection and Welfare

The Club has a dedicated Welfare Officer in line with British Rowing requirements. The Welfare Officer advises the Club on Good Practice Guidelines and Child Protection Policy and acts as a focal point for any concerns.

The Welfare Officer's contact details are displayed on the notice board at the club and can be found in the 'Club Contacts' section of this handbook.

Membership

Membership is open to all with categories for active rowers, coxes and non-rowing associate members. Please see the Membership Application form for current categories and fees.

Social Events

CSRC has a varied calendar of social events throughout the year including barbecues, ice skating, comedy club visits, cinema trips, nights out and laser quest.

For further information or suggestions for events contact the Social Secretary.

Social Media

The club's website, Facebook and Twitter groups are regularly updated with information on top of important updates via the club mailing list. If you wish to be added to or removed from the club mailing list, please contact the membership secretary.

WEBSITE

sheffieldrowing.co.uk

FACEBOOK

facebook.sheffieldrowing.co.uk

TWITTER

twitter.sheffieldrowing.co.uk

TRAINING

Session Times

The club rows at Damflask on Saturday and Sunday mornings all year and on most evenings during the summer. Different squads have priority at different times to ensure fair use of the boats and equipment as shown in the table below.

When the clocks change in October, weekday evening sessions are replaced with land based training including crew classes using ergs, weights sessions and circuit training.

Day	Time	Squad
Monday	18:00	Recreational / Transition
Tuesday	18:00	Men
Wednesday	18:00	Women
Thursday	18:00	No priorities
Friday	18:00	No priorities
Saturday	07:30 – 09:00	Men
Saturday	09:00 – 10:30	Women
Saturday	10.30 – 12.00	Juniors / Transition
Sunday	07:30 – 09:00	Women
Sunday	09:00 – 10:30	Men
Sunday	10.30 – 12.00	Juniors / Transition

Members may use the facilities and row at other times in accordance with the safety procedures set out below.

Booking and Using Equipment

To enable members to plan outings in advance, an equipment booking system is operated at CSRC. Equipment is booked by squad leaders prior to outings. Squad leaders book boats and blades for all weekday evening and weekend morning sessions. Equipment not claimed within 15 minutes of the allotted time may be used by other members.

Please note that block booking of consecutive sessions is NOT allowed except with the Captain's approval.

All boats must be signed out at the beginning of each session and signed in at the end of each session using the book in the new boathouse.

The Club has boats and blades suitable for beginners through to experienced competitive crews. Members should discuss the suitability of boats with the Captain/Squad Leader prior to use.

Care of Equipment

CSRC expects its members to treat Club equipment with care and respect. Boats and oar handles should be washed after use and before being put away. Any damage or problems with equipment should be reported to the Captain, Squad Leader or a Committee member as soon as possible and recorded in the Maintenance Book.

No alterations should be made to any equipment without first consulting the Captain or Squad Leader first.

Security

The changing rooms have keypads which ensure the doors are locked automatically when closed. They should be kept closed whilst members are out on the water.

CSRC does not take responsibility for damage or loss of personal items.

A limited number of keys which open both the new and old boathouses and the gate leading to Loxley Road are available for members subject to approval from Vicky McDougall and receipt of a refundable £10 deposit.

Key holders must ensure that both boathouses are locked and secured before leaving the dam.



SAFETY

General Water Safety

The British Rowing publication 'Row Safe: A Guide to Good Practice in Rowing' states that "Everyone involved in rowing has a Duty of Care to ensure their actions both on and off the water are conducted in a manner which does not compromise the safety of others."

As an outdoor sport, rowing is subject to varying water and weather conditions which can sometimes be difficult. However, the aim is for safe enjoyment and CSRC takes its role seriously in providing as safe an environment as possible. But a safe environment also relies on everyone taking responsibility for their own and others' safety; this means learning about the Clubs' safety rules, attending safety meetings when possible and taking and acting on advice from other Club members.

Coaches take a responsibility for the safety of their crews and are also in a good position to alert other crews of dangerous situations. As part of their coaching, coaches should ensure that their charges are aware of safety procedures and 'Row Safe: A Guide to Good Practice in Rowing'

One of the requirements for membership is that everyone taking an active part i.e. rowers and coxes, must be able to swim 100m in light clothing. The Club organises swim tests at a local pool to enable members to prove their competence. Capsize drills are also organised from time to time, either at an indoor pool or on the dam in good weather, and all rowers should take the opportunity to perform a capsize drill at least once.

CSRC Safety Rules

BEFORE BOATING

It is each member's responsibility to ensure that the boat they are taking out is fit for use. ie. buoyancy chambers are watertight, the bow ball and heel restraints are in place, riggers are fitted correctly and there is no damage to the hull.

All members should assess the weather and water conditions before boating and take into account their own competence and the type of boat they intend to use. Don't go out just because other people are out – they may be more experienced or in a bigger boat.

No Row Conditions

- white horses/white caps (Waves that are breaking)
- visibility is reduced to less than 500m
- electrical storms

**If In Doubt
Don't Go Out**

Wear appropriate clothing particularly in cold or wet conditions. Several thin layers that can be taken off or put on as required are better than fewer thick layers. Clothing should allow a full range of movement but should not be so loose that it catches on the oar handles.

Hats, sunglasses and sunblock should be considered in warm weather. Insect repellents can be useful to deter midges and mosquitoes on summer evenings.

All coxswains must wear life jackets both in training and at Regattas and Head Races.

When carrying the boat down to the landing stages be aware of obstructions which may damage the bow or stern. Also take care when crossing the footpath and act with consideration to members of the public.

ON THE WATER

It is the Club's responsibility to ensure that all water users are fully aware of the Circulation Pattern and Good Practice Guidelines. Please ensure that any visiting users are aware before they go out.

Coxes and scullers or crew members in self steered boats should be assessed for basic competency and be given close supervision by an accompanying coach before being allowed to engage in general rowing outings independently.

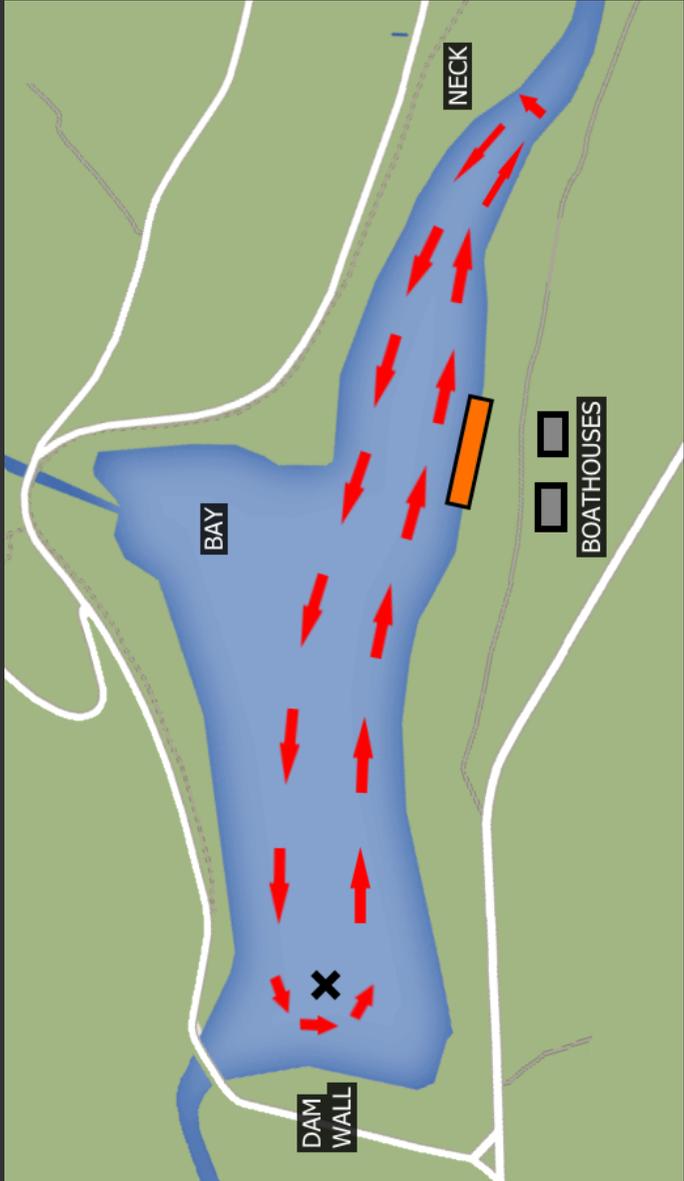
Scullers are not allowed to train alone on the water using Club equipment and it is recommended that members with private equipment do not scull alone. In the event of an accident it would be extremely difficult to obtain assistance.

CAPSIZE DRILL

In the event of a capsize the crew or sculler should hold on to the boat and make for the boathouse bank, using the boat as a buoyancy aid. Other crews on the water should assist by standing by, whilst others summon assistance from members of the Clubhouse.

Circulation Pattern

All crews must follow the circulation pattern as shown on the diagram below. Boats must row to the neck on boathouse side. Boats must row to the wall on bay side.



Good Practice Guidelines

Slower boats and novices should aim to stay nearer the banks.

Only in an emergency situation, and then with extreme caution, should boats cross the circulation pattern in order to take the quickest route back in to the landing stages. In such situations it is vital that you do not obstruct oncoming crews.

If you do stray on to the wrong side it is the cox and crew's responsibility to move back immediately, stopping if necessary. The completion of training pieces cannot compromise the safety of other crews.

Do not cut corners, particularly when approaching the Dam wall. This is dangerous at busy times and sets a bad example for other crews.

Before turning and stopping check that you are not going to obstruct another crew starting a piece behind you. Try to turn boats in the direction of circulation.

Avoid stopping in the middle of the dam away from the banks.

Stay at least 15m away from anglers and do not turn or perform stationery drills in front of them.

There are several buoys in the dam which are used by the sailing club. Smaller boats can capsize if they collide with a buoy and all coxes, rowers and scullers in particular should be aware of their location and steer a course to avoid them. The fixed buoy near the dam wall (marked X on the diagram above) will cause damage to boats if struck and must be avoided.

A large red buoy is placed near the neck of the dam by the Water Bailiff during the spring and summer. All boats must turn before this buoy to avoid disturbing the fish which are spawning in the neck of the dam.

Viking Sailing Club has priority use of the water from 12.00 midday on Sundays and all rowers must clear the water by this time. There is a 15 minute handover period from 11.45am when care must be taken to avoid collisions. The Sea Scouts also sail on the dam in the evenings during the summer, sharing the water with rowers. Additional care must be taken to avoid collisions as there may be novice sailors using the water.

At times of shared use, sailors have right of way.

It is the member's responsibility to ensure that they are fit to take part in any water or land based training and all participation is at their own risk.

Incidents and Accidents

All incidents and accidents must be reported in the **Incident Log Book** which is attached to the notice board in the kitchen area, preferably by those involved. The Water Safety Advisor will notify British Rowing of any reports made in this way.

British Rowing also has an online reporting system which can be used anonymously if required and is accessed from:

www.britishrowing.org → Water Safety → Incident Reporting

Examples of incidents that must be reported include:

- Capsize or falling out of boat
- Collisions
- Swamping
- Equipment failure
- Injuries

A comprehensive list of incidents can be found on the board in the new boathouse and on the British Rowing website.

A list of emergency and useful telephone numbers is situated above the telephone in the kitchen area of the new boathouse. Throwbags are located in the safety launches.

The telephone number of the boathouse is **0114 285 1919**

RACING

CSRC members participate at many events across the country and beyond, ranging from local Yorkshire Heads and Regattas to the world renowned Henley Royal Regatta, National Championships and FISA World Masters Championships.

The Club generally tries to enter as many boats and members as possible at any particular Regatta or Head Race to make best use of the equipment. It also means that crews can support each other and enjoy the social side of competitions too!

Race Entries

Anyone wishing to race for CSRC must be both a member of the Club and have appropriate membership of British Rowing – currently Gold – which includes a race licence. All entries must be approved and made by the Captain. Crews may wish to race at events not attended by the club as a whole and these wishes are met whenever possible depending on availability of equipment.

Any competing member must pay a £5 trailering cost. Entry fees should be paid to the club before the day of the race or you may be refused the opportunity to race.

Bank details for BACS payments

Sort Code: 08-92-99
Account No: 65425277

When a member of the Club enters a race and someone else subs in for them during the actual race, the original member must still pay the fee to the Club. (It is entirely acceptable for the individuals to work out a payment between themselves afterwards but the original entrant must pay the fee owed to the Club).

Should a member of the Club wish to make a complaint about an organised race or event, all concerns should be expressed to the Club Captain who will then take appropriate action.

Racing Kit

The official registered colours of CSRC are scarlet and silver and all members are reminded that when competing at race events crews must wear matching kit (though kit may be old or new design). The Committee holds a small stock of "All In One" suits and bulk orders for kit are made from time to time to save on costs.

Trailing

CSRC has its own trailer for transporting boats and equipment to events and in most cases the trailer will need to be loaded and ready the evening before a race. Anyone intending to race is expected to help with loading and unloading.

Crews should arrange to have their boats de-rigged and loaded on the trailer along with oars and trestles by the designated time. Seats should be removed and transported separately along with riggers. (Note that some seats are fixed into boats using bungees). Please note - riggers and seats must **not** to be put in the trailer as they will get damaged. Each coxed boat also requires a CoxBox and lifejacket.

Trailers will generally return to Damflask in the evening after racing for unloading. All equipment should be put away but boats do not need to be re-rigged.

Preparing For Your First Race

For a majority of new rowers the prospect of their first competitive race is often daunting but with a little planning it can become a memorable event that gives further enjoyment of the sport of rowing.

The following are some guidelines aimed at helping beginners.

Kit and Equipment

As well as club kit for the actual race, you will need to take suitable outer garments (leggings, splash jacket, hat etc.) for rowing up to and waiting at the start - these can then be removed before the start. This is vital for Head Races when the weather can be very cold and you may be waiting for some time whilst boats are marshalled. You can be prevented from taking part in a race if officials feel you are not appropriately dressed.

Also take spare kit, especially if you're racing in more than one division - you will invariably get wet! Don't forget a towel and a dry set of clothes to travel home in.

To aid boat rigging it's always useful to take along your own set of spanners (10mm and 13mm) or a designated 'rigger jigger'.

Food and drinks are generally available at events but you may wish to take your own as well.

Race Day

Allow plenty of time to arrive at the race location in order to familiarise yourself with the facilities and boating area. You need to allow time to register at Race Control, where you will have to show your British Rowing Race Licence, collect your number and a copy of the race rules. Then you will need to unload, re-rig and check your boat, warm up and get to the start on time.

Rules of Racing

These can be found in full on the British Rowing website under the 'Competition' tab and are worth reading through at least once. Some of the main points in brief are:

- Boats and equipment must pass a safety inspection.
- Crews must wear the same racing kit.
- Failure to be at the start by a specified time results in disqualification.
- Umpires' decisions are final.
- Competitors must be Gold or Platinum members of British Rowing.

Types of Races

REGATTAS

The regatta season generally runs from April until September. Between 2 and 6 crews compete in marked lanes alongside each other from a standing start. Distances vary from 500m sprints to more lengthy 2kms.

HEAD RACES

The 'head' season runs over the winter, generally between September and March. Boats row a course, one after another, from a moving or rolling start and are timed between the start and finish lines. When all the boats in a 'division' or session have finished the times are posted and you can see who the winners are.

CATEGORISATION

Regattas and Head Races are organised into different events based on:

Size of Boats	eights (8 rowers + 1 cox) coxed / coxless fours coxed / coxless quads pairs doubles singles
Discipline	rowing sculling
Gender	men women mixed (men and women in the same crew)
Age	juniors – under 18 years seniors – 18 to 27 years masters – 27 to 75 years

Juniors and masters are further divided into classes according to age so that competitors of similar ages race against each other.

Weight

Lightweight rowers have to be less than 72.5kg for men or 59kg for Women. For crews the average weights must not exceed 70kg for Men and Mixed Crews and 57kg for Women.

Status

Determined by the number of points an individual competitor or crew has. A point is awarded each time a competitor wins a qualifying event which is generally a race that has at least two crews and is not a 'fun' or privately arranged race. Points are not awarded for Head Races.

The table below shows the maximum number of points that a crew can hold to be able to race at a particular status.

STATUS LEVEL	8o/x	4o/x	2o/x	1x
Elite	no limit	no limit	no limit	no limit
Senior	72	36	18	9
Intermediate 1	48	24	12	6
Intermediate 2	32	16	8	4
Intermediate 3	16	8	4	2
Novice	0	0	0	0

GENERAL

Contacts

CAPTAIN

captain@sheffieldrowing.co.uk

VICE CAPTAIN

vicecaptain@sheffieldrowing.co.uk

CHAIRMAN

chairman@sheffieldrowing.co.uk

SECRETARY

secretary@sheffieldrowing.co.uk

TREASURER

treasurer@sheffieldrowing.co.uk

SOCIAL SECRETARY

social@sheffieldrowing.co.uk

SAFETY ADVISER

safety@sheffieldrowing.co.uk

SENIOR MEN – SQUAD LEADER

mensquadleader@sheffieldrowing.co.uk

Senior Women - Squad Captain

womensquadleader@sheffieldrowing.co.uk

Juniors' Coach

chairman@sheffieldrowing.co.uk

Welfare Officer

welfare@sheffieldrowing.co.uk

Membership

membership@sheffieldrowing.co.uk

Boatman

boatman@sheffieldrowing.co.uk

Links

ORGANISATIONS

British Rowing (formerly "Amateur Rowing Association" | ARA)

www.britishrowing.org

Federation Internationale des Societes d'Aviron (FISA)

www.worldrowing.com

Yorkshire Rowing Council

www.yorkshirerowing.co.uk

CLOTHING, ACCESSORIES AND INFORMATION

Powerhouse Sport

www.powerhousesport.com - clothing and accessories

Godfrey Sports

www.godfrey.co.uk - training kit, leisurewear, gifts and accessories

JL Racing

www.jlracing.com – technical clothing (their US website has a 'Bargain Bin' which can be good value for All-in-Ones depending on the exchange rate)

Rock the Boat

www.rock-the-boat.co.uk - functional and fun clothing, rowing gifts

The Rowing Service

www.rowingservice.com - lots of rowing news, information and links



GLOSSARY

There are many technical words and phrases used in rowing and some of the more common ones are listed here. Be aware that different clubs may use different terms, but don't be afraid to ask if you are unsure of anything.

All-In-One. Lycra one-piece suit designed for rowing. Also known as AIOs or unisuits.

Back down. Term used to describe using a reverse rowing action to manoeuvre the boat backwards or for turning.

Backstay. The back brace of a *rigger* that locks the pin in position to maintain *pitch*. Not found on *wing rigger* boats.

Backstops.

- 1) The position at which the athlete sits with their legs straight and *blade* handle to their chest.
- 2) The end of the slide nearest the *bow*. Prevents the seat from running off the *slide*.

Blade. Technically, the wide, flat section of oar at the head of the shaft, also known as the *spoon* but often used to mean the whole oar.

Button. The plastic circular section of the oar that is pressed against the *swivel* when rowing.

Bow.

- 1) The end of the boat that travels through the water first and is sharpest.
- 2) The athlete that sits in the seat position nearest this end of the boat.

Bow Ball. Ball shaped safety cap that sits over the bow end of the boat. Compulsory on all rowing boats for safety of other water users.

Bow Loader. A boat where the cox sits under the bow canvas facing the direction of travel. The cox cannot see the crew in a bow loader.

Bow Side. The side on which Bow's blade is fixed. ie. The right hand (starboard) side of the boat as the *cox* sits or the left hand side of the boat for an athlete. Often marked by a green stripe on the oar.

Canvas. The covered section of the boat that is from the *bow* to the open area (where the athletes sit) and from the open area to the *stern*. Often used to as a description of how much a race was won or lost by.

Catch. The moment at which the *spoon* of the blade is immersed in the water and propulsive force applied.

Cleaver. Type of blade that has a *spoon* in the shape of a meat cleaver.

Collar. Plastic sleeve fixed to the oar that the *button* circles. The button can be moved along the collar to adjust blade gearing.

'Come forward'. Verbal instruction to bring the crew to *frontstops* position ready to row.

Connection. Used to describe the link between the power of the athlete's legs to the force applied to the *spoon* of the *blade*. Should be made as soon as the *catch* is taken and held through the trunk muscles for the length of the *drive* of the stroke.

Cox or Coxswain. Person who steers the boat by means of strings or wires attached to the *rudder*. Can be positioned in either the *stern* or *bow* of the boat.

Coxless. Boat without a *cox*.

Crab. When the *oar* becomes caught in the water and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed. A bad crab can catapult an athlete out of the boat.

Double. Boat for two *scullers*.

Drive: The part of the stroke when the blade is in the water and the athlete is 'putting on' *pressure*.

'Easy Oar/Easy All'. Verbal instruction for crew to stop.

Eight. Boat for eight *sweep* athletes. Will always have a *cox*.

Ergo/Erg. Indoor rowing machine used for training.

Extraction. The removal of the blade from the water by application of downward pressure to the blade handle. In sweep this is done with the outside hand on the blade handle.

Feathering. During the recovery section of the stroke the oar is turned so that the *spoon* is horizontal.

Fin. A piece of metal or plastic attached to the underside of the boat towards the *stern*. Provides directional stability by preventing sideways slippage.

Fine. A slim racing boat. Most sculling and rowing boats are fine boats however restricted and coastal boats are not.

Finish. The last part of the stroke where the *spoon* is extracted from the water and the blade handle is drawn in to the body. Following this (assuming clean *extraction*) the boat will be at its maximum speed.

Firm. Term used to suggest that the athlete is applying full pressure during the power phase of their rowing stroke.

Fixed Seat. Either a description used to differentiate a boat without a sliding seat mechanism or rowing with arms and or body only and therefore not moving the seat.

FISA. The Federation Internationale des Societes d’Aviron is the international rowing federation. The federation is responsible for all international racing and rules. Organises a series of 3 World Cup Regattas and World Championships annually.

Four. Boat for four *sweep* athletes. Can be coxed or coxless.

Frontstops.

1) The position at the catch

2) The end of the slide nearest the *stern*. Prevents the seat from running off the *slide*.

Gate. The metal bar, tightened by a screw that closes over the *swivel* to secure the oar.

Gearing. Term used to describe the ratio of *inboard* to *outboard* on the blade that determines how much power the athlete can apply through the water.

Head Race. Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.

Heel Restraints. Attached to the heels of the shoes and to the foot plate. Compulsory safety feature that helps the athlete to release their feet from the shoe in the event of a capsize.

'Hold it up'. Verbal instruction meaning to bring the boat to a stop quickly.

Inboard. The length of the blade from the end of the handle to the *button* at the point where it will sit against the *swivel*.

Length (of stroke). The distance through which the blade travels in the water from *catch* to *finish*.

Loom. The shaft of the blade from the *spoon* to the handle.

Macon. Type of blade that has the traditional shape spoon.

Novice.

- 1) Athlete without any racing *points*.
- 2) Term used to describe someone who has very little rowing experience.

Oar. Lever used to propel a rowing boat. Also known as a *blade*.

Outboard.

- 1) The length of the blade from the tip of the spoon to the button at the point where it will sit against the swivel.
- 2) The engine on a coaching launch.

Overlap. The amount by which the *scull* handles overlap when an athlete holds them horizontally at right angles to the boat.

Pair. Boat for two *sweep* rowers.

Pin. The spindle on which the *swivel* rotates.

Pitch. Angle of inclination of the *spoon* to the vertical during the propulsive phase of the stroke. This is dictated by both the *stern* and *lateral pitch*.

Pressure. The amount of effort applied by the athlete during the power phase of the stroke. Usually light, $\frac{1}{2}$, $\frac{3}{4}$, firm or full.

Points. Points are awarded to athletes for winning races. Number of points determines the *status* of the athlete. See the ARA Rules of Racing for more details.

Power phase. The part of the stroke between the *catch* and the *extraction* when the blade is in the water and propelling the boat.

Quad. Boat for four scullers.

Rate/Rating. Number of strokes rowed per minute.

Ratio. The ratio of the time taken for the *power phase* to that of the *recovery* phase of the stroke. Ideally time taken for the recovery will be about three times that of the power phase.

Recovery. The part of the stroke phase between the *extraction* and the *catch* when the blade is out of the water.

Restricted. A 'restricted' boat is a wider, more stable version of a fine boat. Restricted boats are now quite rare.

Rhythm. (Good) Optimum *ratio*.

Riggers. Metal outriggers are attached to the outer shell of the boat next to each seat and support the *swivel* and the *pin*. There are currently several different designs of rigger from two or three stay metal or carbon tubing to metal or carbon wings.

Rigging. The way in which the *riggers*, *slides*, *swivel*, *pins*, *foot plate*, *oars* and *sculls* can be adjusted to optimise athlete comfort and efficiency.

Rigger Jigger. A small spanner used for attaching and adjusting *riggers*.

Rudder. The device under the boat which when moved causes change of direction. Controlled by wires either by the *cox* or a crew member with a movable footplate in a coxless boat.

Saxboard. The sides of the boat above the water line made to strengthen the boat where the *riggers* attach.

Scull. Smaller version of the *oar* used for *sculling*. Sculls are used in pairs.

Sculling. Rowing with two *oars*.

Single. A sculling boat for one person with two *sculling oars*.

Shell. The smooth hull of the boat. Sometimes made from wood but more commonly now from a synthetic material.

Slide. Two metal runners on which the seat travels.

Span. The distance between the centres of the bow and stroke side *swivel* on a sculling boat.

Spin turn. Term used to describe turning the boat on its axis.

Spoon. The end of the oar which enters the water. Usually painted in club colours.

Square / Squaring. To turn the oar so that the *spoon* is at 90 degrees to the water.

Stakeboat. An anchored boat or pontoon from which rowing boats are held prior to a race starting.

Status. Levels of racing determined by the number of times an athlete has won a race. Athletes are awarded points for each race they win. In a crew boat status is determined by the total number of points the crew has. See the British Rowing Rules of Racing for more details.

Stern. The end of the boat that travels through the water last.

Stern pitch. Sternwards angle of inclination of the *pin* to the vertical.

Stroke.

1) A complete cycle of the *oar* from one *finish* to the next.

2) The athlete who sits closest to the *stern* of the boat in front of all the others and is responsible for the *rating* and *rhythm* of the boat.

Stroke side. The side on which Stroke's blade is fixed. ie. The left hand (port) side of the boat as the *cox* sits or the right hand side of the boat for the athlete. Often marked by a red stripe on the oar.

Stretcher. A metallic or carbon plate inside the boat to which the shoes are attached. Secured with adjustable screws.

Sweep. Rowing with one oar on one side of the boat.

Swivel. The U shaped plastic rotating piece mounted on the *pin* in which the oar sits whilst rowing.

Tap down. To the lower the hands at the end of the stroke to remove the *spoon* from the water.

Tap turn. Term used to describe a method of turning the boat using very short arms only strokes.

Trestles. Portable stands used to support a boat for *rigging*, washing, admiring etc.