

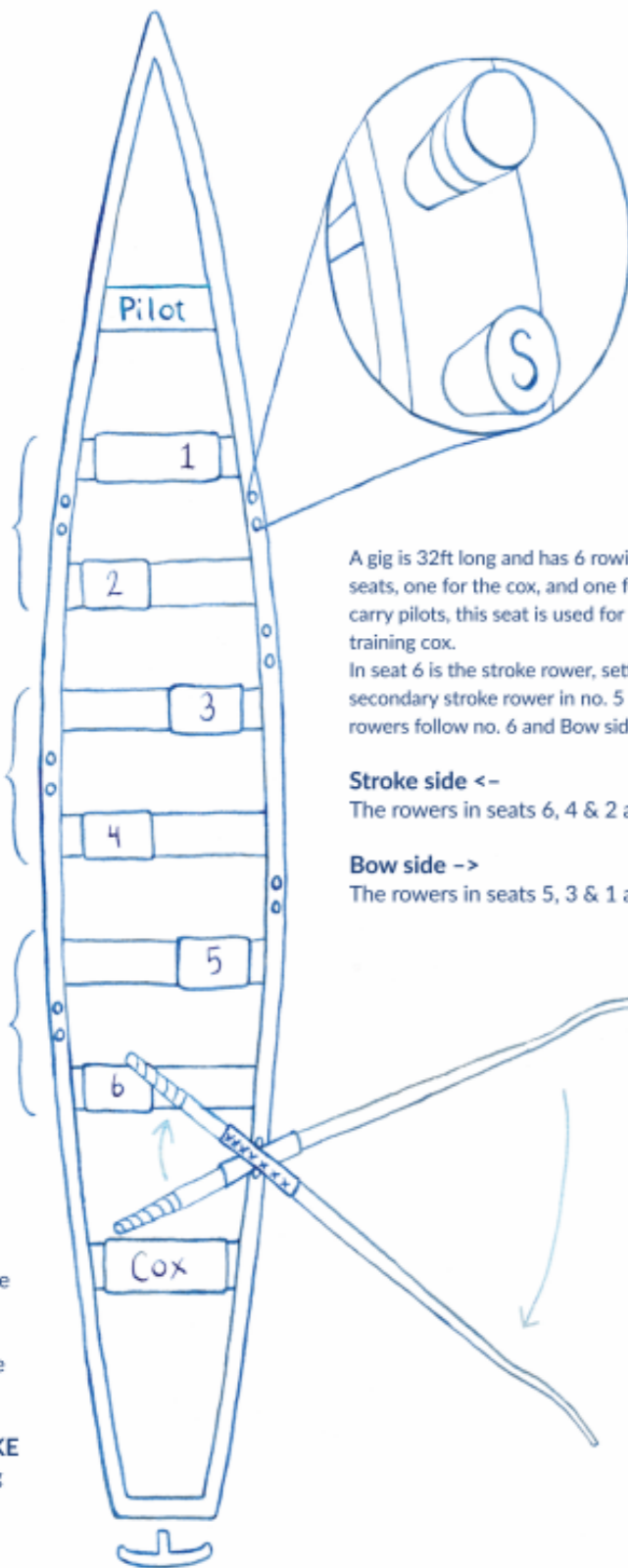
The forward (pointed) end of the gig is called the **BOW**. This is where historically the pilot would have sat.

Seat 1 & 2 are known as the **BOW PAIR**

Seat 3 & 4 are called the **ENGINE ROOM**

Seat 5 & 6 are known as the **STROKE PAIR**.

The aft end of the gig is called the **STERN**. This is where the cox will sit and control the **RUDDER & YOKE** the gigs steering device.



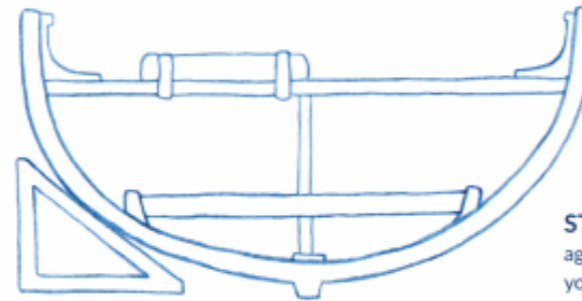
A gig is 32ft long and has 6 rowing positions and two further seats, one for the cox, and one for the pilot. As we no longer carry pilots, this seat is used for extra non rowing crew or a training cox.

In seat 6 is the stroke rower, setting the pace that the secondary stroke rower in no. 5 has to follow. Stroke side rowers follow no. 6 and Bow side rowers follow no. 5.

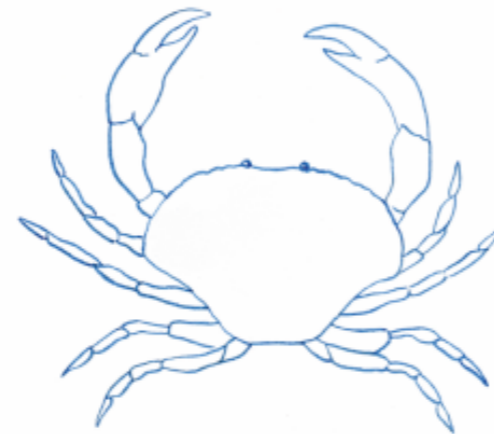
**Stroke side <-**  
The rowers in seats 6, 4 & 2 are the stroke side rowers.

**Bow side ->**  
The rowers in seats 5, 3 & 1 are the bow side rowers.

**THOLE PINS** are wooden pins set in the gunwale of the gig. The oar should be placed between these pins. The hardwood pin is set towards the bow and the softwood pin toward the stern. Each rower should have spare pins to replace a broken pin should this happen. Remember, don't push the pins in too hard, they must be set loosely.



**FRENCHMEN** are triangular rests placed under the gig whilst it is off a trailer and on land to keep the boat from rolling over on its side.



**CATCHING A CRAB** is when your oar blade is not vertical through the water and it becomes impossible to lift the oar at the end of the stroke. Pressure on the tholepin will likely snap it, throwing the rower off balance. Quick action is needed when the rower senses that pressure. The oar handle must be lifted up so it comes out of the pins, leaving the oar dragging alongside the boat, allowing the rower to pull the oar from the water and reset in the pins. This technique will be practiced on your novice rows.

**Holding the oar** - Grip the oar with your outer hand cupping the handle from the underside, and the inner hand gripping the upper side.

**Leather** - Always make sure that the middle of the leather covered part of the oar is placed in between the thole pins, to cushion and protect the oar.

**Numbers** - Each oar is numbered, always make sure that you have the right oar for you position.



**THWARTS** are the seats you sit on. The thwart will have an adjustable cushion. Please never step on to the thwart.

**STRETCHER** is a wooden bar to brace your feet against when rowing, your knees slightly bent so you can push against the stretcher. Each stretcher can be moved to adjust to each individuals height.

## HEALTH & SAFETY

- Always be alert to the cox and their instructions. They have command of the boat.
- Make sure the cox is aware if you have any health issues before the launch.
- Always wear or take clothing appropriate to the weather conditions, layers are good as you will want less as you warm up, and lightweight waterproofs are a sensible standby.
- The cox will always wear a lifejacket, all rowers have the option to wear one. Speak to the cox.
- Always keep hydrated and take water with you.
- Don't forget sun protection, sun block sun glasses and hat.
- Wear footwear that you do not mind getting wet.
- When launching and recovering the gig always be alert as the boat is heavy and it requires the full crew to manage this.
- Each gig has a first aid box for emergencies.
- It's all common sense and you will feel safer and more confident applying the above.

## LAUNCH & RECOVERY

- Weather is an important consideration, and the cox will make the final decision of row, or no , at the launch site after an assessment of wind and sea conditions.
- Preparing the gig for launch involves a number of tasks and the experienced crew will be there to help you prepare the boat. Things like removing the cover, setting the pins will soon become second nature.
- We launch our gigs directly from their road trailers or by using two wheeled trolleys, you will be expected to help with this operation. Just ask if you are not sure how to help. We are very friendly.
- The crew will either board to their rowing positions by climbing aboard from beach or stepping aboard onto the gig from the pontoon, whilst taking care not to stand on the thwarts.
- The gig is usually loaded on the slip or a beach, sequentially in what may seem to be reverse order. Cox first, then stoke rower (6) and so until position 1 is finally aboard.
- Packing up is a shared experience by all the crew, if unsure.....ask!