

## ON THE WATER

When you are aboard you will have time to adjust the stretcher and settle into a comfortable rowing position. Your oar should be found alongside your pin position and is numbered with your rowing position. The cox will now start to instruct the crew so listen carefully. Here is a description of your rowing action, also known as a **STROKE**.

1. **The REACH** Start the stroke by reaching forward with straight arms and back, a slight bend to the knees and feet braced in line with your body against the stretcher.
2. **The CATCH** Place the oar blade in the water vertically just covering the blade.
3. **The DRIVE** Keep your arms straight, push against the stretcher and pull back the oar with straight back and arms.
4. **The RUN** Draw the oar to your chest whilst leaning back.
5. **The CLEAR** At the end of the stroke lift the blade vertically out of the water.
6. **The RETURN** Push the oar away with straight arms and lean forward moving to the reach position and do it all over again.

Timing is all and its vital to get the gig running smoothly and efficiently.

(For a more indepth description of the stroke we recommend looking up „British Rowing - Fixed Seat Rowing Technique“)

## COX'S COMMANDS

**Foward to row** – Get ready to row. Square blades close to water, straight arms and backs with bent knees.

**Away together** – Everyone rows away at the same time. Follow the rower in front on your side of the boat.

**Pull up one** – Short, quick stroke. Usually to help position the boat.

**Back up** – Row in reverse, ie bow to stern with squared blades.

**Hold water** – Place blade in the water without movement. Used to slow or brake the boat.

**Easy oar** – Usually given with warning (ie “in two ...easy oar”). In time with stroke rower, stop rowing.

**Ship your kit** – Lift oar from tholepins and lay oar, blade aft, to the side of the boat on which your pins are set.

**Square blades** – Row with blades vertical. No feathering.

**Feathering** – At the end of each stroke the oar should be rotated 45 degrees for the return then rotated back to vertical for the catch. By flattening the blade on the return wind resistance is reduced.

## ABOUT OUR CLUB

Welcome to Devoran Pilot Gig Club. A friendly rowing club based in Devoran and Mylor Harbour. The Club actively competes with other clubs and also enjoys a social programme of recreational rowing with regular training sessions.

In this booklet you will find helpful tips and guidance about rowing. Your introduction to rowing is likely to be at one of our Club Novice Sessions, rowing with experienced club rowers under the management of an experienced cox. The cox is in charge of the crew and will help you to learn the rudiments of fixed seat gig rowing. The cox and club rowers are there to make your experience a good one. Any questions or concerns you may have do not be afraid to ask them. It will be through them your confidence will quickly grow. It's a great sport and you'll soon be hooked.



## BECOMING A MEMBER

We welcome all new rowers. Our Novice Sessions run on a completely informal “drop in” basis and are free for a three session trial period, by then we feel you will know whether or not you wish to join the club. There is more information on the Club website to help you with this. On attending the first novice session you will be asked to fill out a short questionnaire including your contact details, as required of us by the sport's governing body the Cornish Pilot Gig Association. This information will be securely held and not shared with any third party.

## NOVICE HANDBOOK

General gig rowing knowledge and handy tips



For more information visit  
[www.devorangigclub.co.uk](http://www.devorangigclub.co.uk)



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