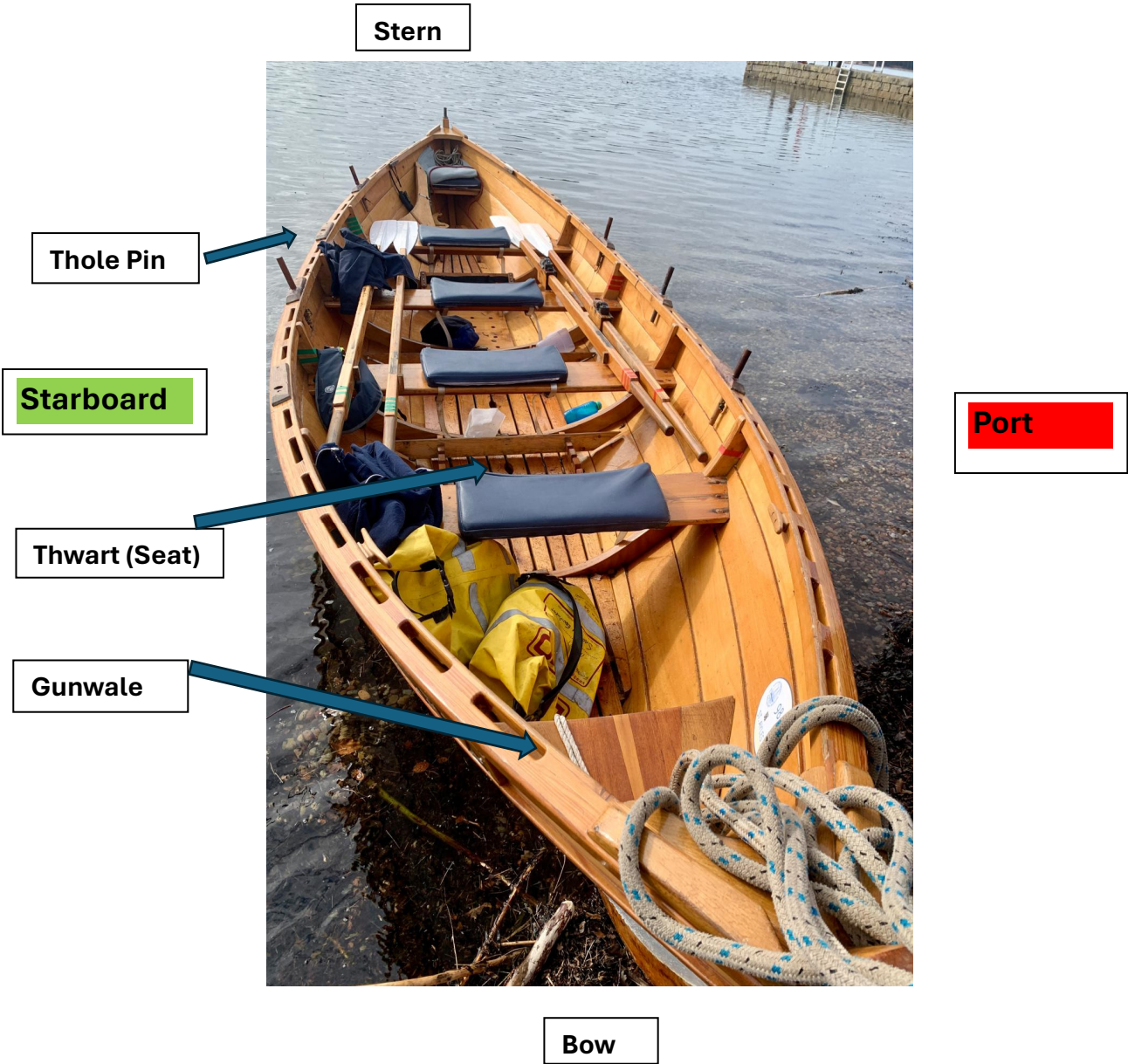


# Findhorn Coastal Rowing Club Induction



## The Skiff



## Basic Safety

- The Cox is always in charge of the safety of the Crew and the Skiff.
- The Cox has been trained and assessed to be competent to oversee the Skiff.
- Prior to each row the Cox will carry out a check of the Skiff to ensure it's suitable for lunch and will ask the crew if they are fit to row.
- The Cox will determine the best positions for the crew in the Skiff.
- The Cox will enter the Skiff first and install the rudder, then board the crew one at a time.
- The next person will only be called into the skiff, when the previous person is seated, to ensure the Skiff's stability.
- Critical to Skiff's ability to maneuver is to obey the Coxes instructions, you are the engine room as the rowers. The safe progress of the skiff is only possible when the Cox has the full support of the crew, as directed.
- Life jackets are mandatory when rowing, you will be shown the correct method of how to wear it and secure it with the straps.
- The Cox has both a Radio (which is set to the universal emergency channel 16) and a mobile phone in case of emergencies.

## Skiff equipment

The Skiff has the following equipment onboard; First aid box, Radio, Anchor, Drogue (Sea Anchor), Spare Towel pin and a Mallet.

## Clothing

As we row all year round, we need to wear clothes appropriate to the season. We recommend that layers of loose clothing work best:

- Have a waterproof outer layer if rain is likely.
- We will be in the water for skiff recovery, so best to wear Wellies in the winter and wet shoes in the summer when the water is warmer.
- Gloves are a good idea, for comfort and to prevent blisters on your hands.

## Basic Rowing technique

The Scottish Coastal Rowing Association (SCRA) website ([Learning – The Scottish Coastal Rowing Association](#)) has a series of videos that show the basic rowing technique.