



Belfast Rowing Club

Guide to Rowing

What to wear?

Most rowers wear a lycra suit called a “one-piece” but don’t panic for the first few times just wearing jogging bottoms or shorts & t-shirt is fine. It is also a good idea to bring a bottle of water down to a training session.

The Crew

A crew consists of rowers and a Cox, although some crews are coxless.

There are two types of rowing :-

- SWEEP where each person in the crew has one oar each



- SCULLING where each crew member has two oars each



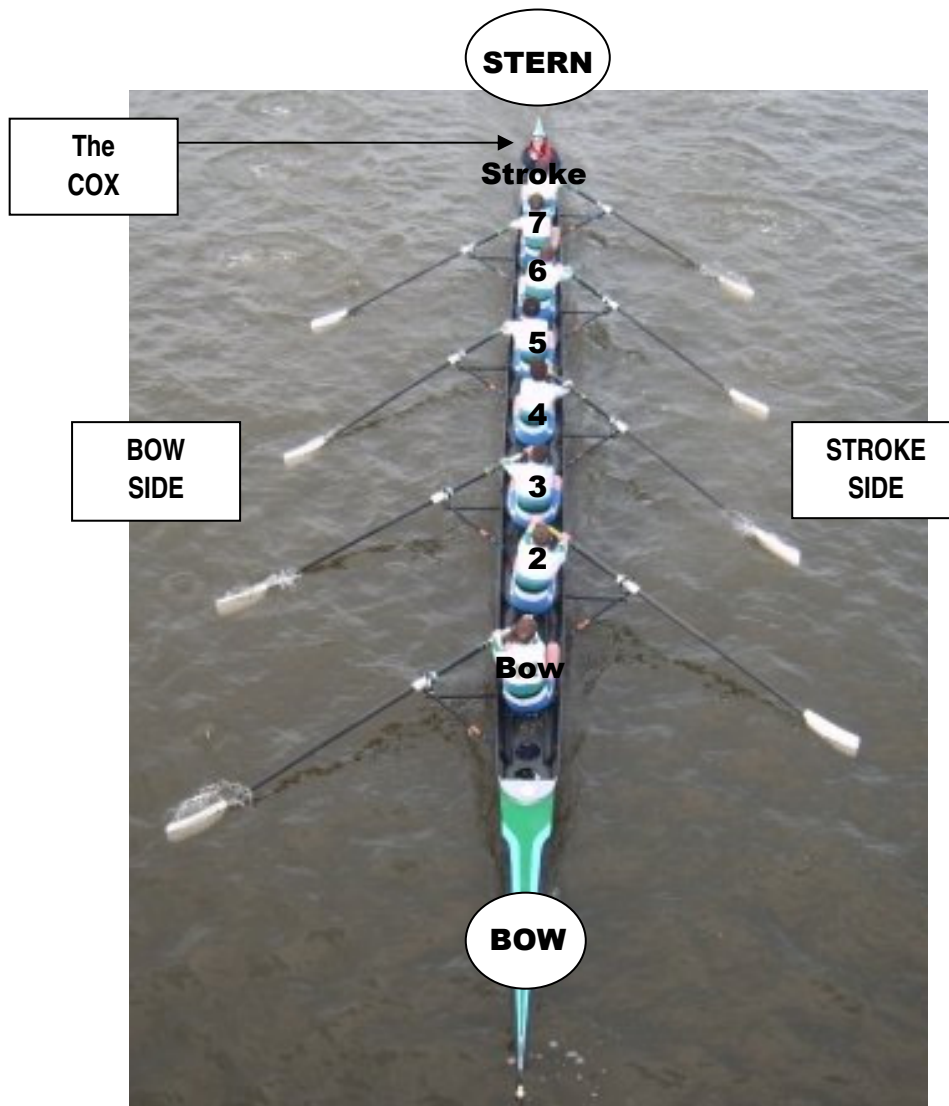


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Terminology

There are some terms that each crew member should know

Easy there	= Stop
Back it down	= turn your oar around and paddle backwards
Hold it up	= put your blade square in the water to stop the boat moving (Brake)
Hands on	= put your hands on the boat and get ready to lift it
Lift to waists	= lift the boat up to your waist
Lift to shoulders	= lift the boat up to your shoulder
Above Heads	= lift the boat above your head



Each rower then responds to a number. These numbers are allocated according to the particular position in the boat. The rower sitting closest to the bow is called "bow" then the next position is "2" the next "3" ... and so on until the person closest to the stern is called "stroke"



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Equipment

The boat is also referred to as a “shell” because it is relatively thin to allow it to go quickly through the water. The boat varies in size according to the boat class.

When sweep rowing the boat sizes are: -

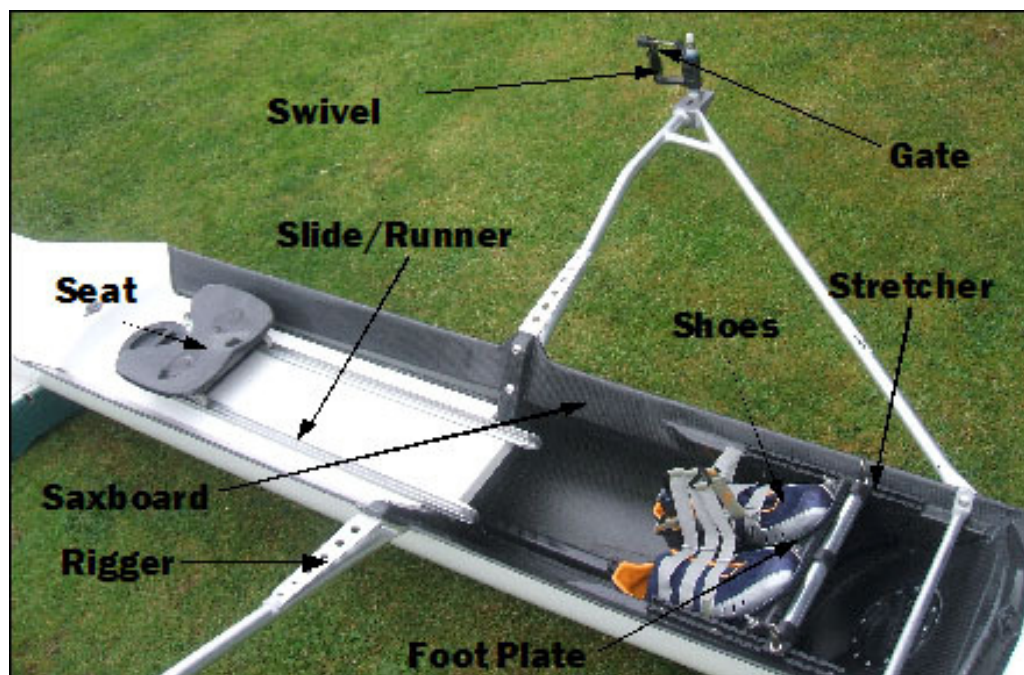
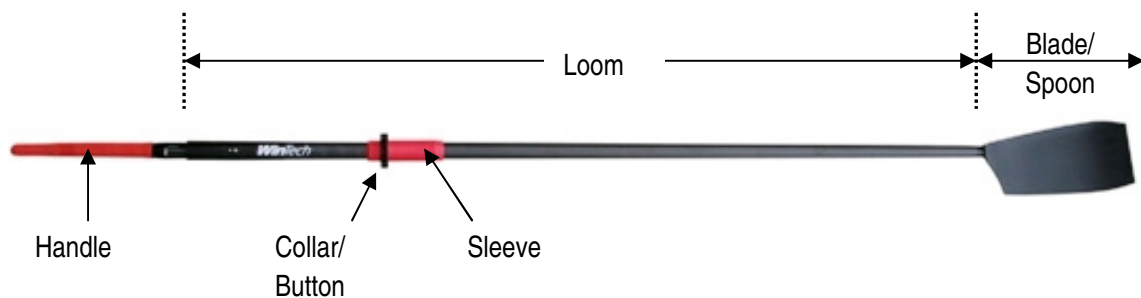
- Eights (8 people+1 Cox),
- Fours (4people + a Cox in some cases)
- Pair (2 people).

When sculling the boat sizes are: -

- Quads (4 people),
- Doubles (2 people)
- Singles (1 person).

Most boats are made from carbon fibre however there are still some that are made from wood.

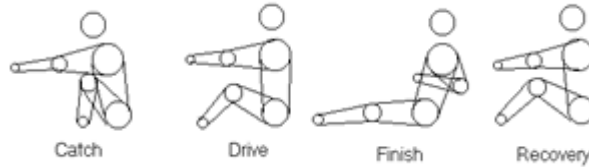
One other vital piece of equipment for rowing is oars or blades. Sweep oars are much longer than sculling oars. Most oars are made from plastic carbon fibre but there are some older ones that are made of wood.





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Some other useful terms you will come across



Catch - The point where the legs are compressed in a 90 degree angle, the arms are stretched out, the body is angled forward and the blade enters the water.

Drive - the part of the stroke where the legs are pressing down, then the back and arms swing backward, sending the body to the bow.

Finish - the point where the rower pushes down on the handle of the oar to pop the blade out of the water and begins to push the arms out of the bow.

Recovery - the time spent winding the body back up to the catch, it is like compressing a spring; first the arms extend, then the body angle is achieved, finally the legs are pulled up to the catch.

Square blades - keeping the blade perpendicular to the water on the recovery.

Feathered blades - keeping the blade parallel to the water on the recovery.

Crab - when the blade gets caught in the water and the handle of the oar hits the midsection of the rower. It doesn't happen very often but is caused by the blade not entering into the water fully square, when pressure is applied to the blade it will just go deeper and deeper in the water.



You'll pick it all up really quickly.....

.....We look forward to seeing you down at the club!

