

## The Role of the Participant

Every participant in a rowing tour must help to ensure the safety and enjoyment of others and make the organisers' job as trouble-free as possible. Official FISA regulations are few, but require that a participant in Pleasure Rowing Tours must:

- Be skilled and able to row both single and double oars (sweep and sculls).
- Be able to swim 300 meters unassisted and take care of him/herself in critical situations.
- Bring an approved life vest and carry it at all times in the boat.
- Provide his/her own insurance (personal injury, loss of earnings etc.). Note that your British Rowing membership provides some basic insurance cover.

In addition to the official regulations, there are other responsibilities expected from a pleasure rower when attending a tour. Pleasure rowers need to operate as a team. Common sense, basic initiative and general courtesy are fundamental to a successful tour. The cohesiveness of crew and tour depends on these elements.

Do your share of work on a tour. Help to carry boats to and from the water. Often, due to currents or weather conditions, it is necessary to get boats in and out of the water quickly. At these times all rowers (barring injuries) must pitch in to help launch and recover all boats.



Since everyone will cox a boat sooner or later, you must know how to steer a boat and to understand the navigation rules. Steering is not difficult, but be sure to ask how to do it before you get into the coxswain's seat.

Courtesies you should extend to fellow rowers:

- Take oars down to the water or unlock oars from oarlocks and place them together on land.
- Help steady a boat while rowers get in and out.
- Take a spanner and help to rig and unrig boats when needed.
- Take water bottles and anything else you might need during the rowing day.

Everyone should take responsibility for checking the boat before you go afloat, in particular:

- Riggers firmly attached
- Footplates adjusted correctly
- Heel restraints (if any). Feet should be attached independently and you should not be able to raise the heel higher than the horizontal
- Buoyancy compartments sealed
- Gates done up and sculls the right way round

### Tips for coxes

Before you start, make sure the rudder is attached properly and the rudder strings are the right way round.

If you're coxing, check that everyone understands your commands, particularly if some of your crew aren't English. Even other English speaking countries have different commands.

Stop every 20-30 minutes so your crew can have a rest and take on water and snacks.

Check that everyone is feeling OK – if someone is injured or unwell, call for help and if necessary continue with the rest of the crew rowing.

Make sure you are OK too – remember you can get cold coxing even in warm weather, so put on an extra layer of clothing.

