

# Cox Training Program 2022

## Program Overview

Identify prospective Competent Coxes

Assign a mentor from the Competent Cox list

Send each mentor the training guide

The prospective cox will row with their mentor until the training has been completed to the satisfaction of both parties

Once training has been completed the prospective cox will row as a “Cox Intern” until the mentor is comfortable with their skills and abilities

Once approved by the Skiff Club Board, an annual requirement, the designated Cox will be added to the roster and will ultimately report to the board.

## Training Guide

The cox must clearly understand that we are an inclusive community club where all members are treated with consideration and respect.

Required reading for the Cox: Ayle Of Quinte Safety Policy, Cox Responsibilities

Information to be covered both on land and on the water:

- Assigning a crew from the TeamUp calendar
- Getting the boat ready for launch (tarp and supports)
- Launching the boat, rigging oars, attaching the rudder
- Boarding the crew
- Terminology of seating positions (#1,2,3, stroke oar, port side, starboard side, bow pair, stern pair)
- Evaluate different options for leaving the dock, including an awareness of other boats and wind conditions
- Returning to the dock, speed of approach, commands to the crew awareness of wind and other boat traffic
- Cox commands including stopping and turning the boat in an emergency
- Choosing a course considering the weather and wind direction
- Steering the boat, proper use of the rudder
- Securing the boat at the dock

- Deboarding procedure with crew safety in mind
- Safety on the dock: minimizing members on the dock, removing the oars, coiling the lines
- Removing the rudder and stowing the oars
- Loading the boat onto the dolly and returning it to the storage area

**Note:** it is important that the cox gives instructions to the crew in advance of commands being executed

The Cox is in command of the boat from uncovering through to storing of the boat following a row.

The cox is responsible for boat and crew safety and for clear, articulate cox commands to the crew.

The cox ensures that the crew understand the command and that the command is heard by all.

The cox must steer the boat on a true course and is responsible for encouragement of the crew.

*AOQ Cox training program 2022*

## 2022 Cox Training - Safety

**Goal:** Launch, retrieve, load and unload the boats **without injury every time**

**Risks:** Being **hit by oars** as the boat is getting rigged; **falling** as the dock moves suddenly; **colliding** with one another if the dock is crowded; **slipping** when getting into or out of a boat.

**Primary Strategy:** Minimize the number of rowers on the lower dock while loading and unloading a boat. Ideally, limit to just the boat crew and one other “dock person”.

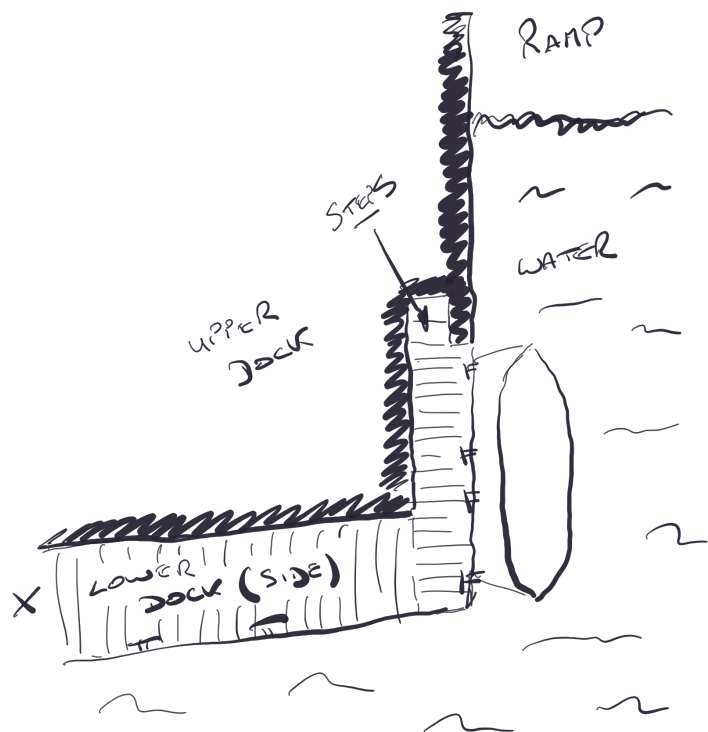
It's more complicated when both lower docks are being used with a second skiff “pulled around” to be loaded or unloaded concurrently with the first skiff. Note the limited access to the lower dock.

**Direct and encourage your crew to:**

- Move deliberately - don't rush!  
Accidents tend to happen when we try to move quickly or are distracted. Take time and be attentive.
- Keep out of the way until it's their turn to board or disembark
- Stay on the upper dock until it's their turn to board
- Move to the upper dock after disembarking.

**If your boat is arriving and will be going out again:**

- Move the oars, that were unshipped to enable docking, on to the lower dock in a location that will minimize a trip hazard
- Disembark the crew one by one. If a new crew is ready to go out, they should be waiting on the upper dock with the exception of one dock person who can help with tie up and give a hand to disembarking crew members
- Once off the boat the incoming crew members should move to the upper dock to minimize congestion on the less stable lower dock.



### **The Cox for the outgoing crew:**

- **Assigns a dock person** to help an incoming boat but otherwise **directs crew to stay on the upper dock**.
- Once the incoming boat is tied up and the incoming crew is off the lower dock, the outgoing crew can move on to the lower dock and under the direction of their Cox, begin boarding.

**Be considerate of other boaters** with whom we share the launch ramp and related docks. Plan the approach and departure accordingly. An incoming Cox will then need to decide whether to wait until the launch is complete, dock at the lower side dock, or even to pull into an empty slip until congestion clears.

**Set an example** for your crew - watch out for one another and be **respectful and attentive**. Make it rule to keep focused when you are on the lower docks. Keep the socializing to the upper dock.

**Avoid throwing lines** when approaching the dock - you should be docking at a slow enough speed and under sufficient control to pass the bow or stern line to a dock person.

### **Remember to:**

- Assign crews based on skills and abilities if you are designated to this task - publish the crews promptly the day before the row.
- Seat crews in the boat based on weight, power, skills and abilities rather than personal preference
- Practice safety on the dock - limit number of members on the dock to the bare minimum
- Direct crew members to wait for the Cox command to enter and exit the boat.
- Place any removed oars from the boat (e.g. stroke oar) on the upper dock (on the grass) to avoid a trip hazard
- Not leave personal gear on the lower dock
- When stowing the oars at the end of a row the dock side oars are first removed. Crew members exit the boat then the oars are placed back in the boat. This avoids crew climbing over the oars to get out of the boat