

## Competent Cox Training Program 2021

### Program

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 Competent Cox will be added to the roster.

### Cox Training Guide

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

The Competent Cox ultimately reports to the board.

To be covered:

Required reading for the cox : club safety policy, instructions for coxing, the self-assessment checklist

- 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 , port side, starboard side, bow pair, stern pair, etc)
- Evaluate different options for leaving the dock, an awareness of other boat and wind conditions
- Cox commands including to stop and turn the boat in an emergency
- Choosing a course considering the weather and wind direction
- Steering the boat, proper use of the rudder
- Returning to the dock, speed of approach, awareness of wind and other oat traffic
- Securing the boat at the dock
- Deboarding procedure

- Removing the rudder and stowing the oars
- Loading the boat on the correct 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.