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| --- | --- |
| Candidate Name |  |
| Relevant Experience(Sailing/kayaking/rowing, etc) |  |
| Completion Date |  |
| Signed off by Lead Coxswain |  |

# **The following list of skills, knowledge and practical experience will set you up to be a safe and responsible Coxswain and give you the confidence to lead rowing sessions. It will take time to work through, so this is intended to help you keep track of your progress.**

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| **Session Leadership** | **Comments & Initials** |
| Arrive before the crew and assess conditions in terms of * Wind direction and strength
* Tide and sea state (swell and breaking waves) which will determine slipway vs beach launch and whether and where to go out, if at all.
* Allowances for any changes expected during session
 |  |
| Determine a plan for the Session* Launch site, route and duration
* Adjust for crew experience and fitness
 |  |
| Run through plan and session checklist with Crew* Skiff safety gear, life jackets, grab bag etc.
* Conduct radio check with shore contact
* Ensure Session log sheet completed (can delegate)
 |  |
| Brief crew on their role and any crew change over* Assign roles for launch
* Assign positions for a balanced crew
 |  |
| Take skiff to launch site (slipway or beach) |  |
| Supervise slipway launch* Cox boards first and ships rudder & Tiller
* Rowers board as assigned
 |  |
| Supervise beach launch* Position and hold boat into the waves
* Cox boards first and ships rudder & Tiller
* Rowers board as assigned
 |  |
| Follow agreed session plan* Notify Harbour Master
* Coach on technique & commands as required
 |  |
| Recover skiff from water after crew disembarks, wash down and return of skiff to the yard |  |
|  |  |
| Debrief crew, note any concerns with kit/ breakages and sign off session log |  |
| Lock up yard and report any breakages/damage to Bosun |  |
| **Practical Exercises** | **Comments & Initials** |
| Assessing sea conditions; predicting and understanding how a skiff performs especially in rough conditions at Nairn - Group exercise with support vessel |  |
| Slipway launch - Group exercise |  |
| Beach launch - Group discussion and exercise |  |
| Breakages/losses while rowing (Oars/ pins/ rudder/ seats/ footrests etc) - Group Discussion |  |
| Injuries/ Illness while rowing /Coping with reduced crew abilities - alternative Cox role?- Group Discussion of “What if” scenarios |  |
| Man Overboard/ Swamping – Group exercise |  |
| VHF Radio Operation – Group Exercise |  |
| Deployment of anchor and droge – Group Exercise |  |
| Preparation of boat for road transport – Group Exercise |  |
| Being Towed – Group Exercise |  |
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