

Basic coxing commands

COMMAND	ALTERNATIVE YOU MIGHT HEAR	LCRC CLUB VERSION	NOTES
Ready to row	Coming forward, ready to row		This is the command to get into the start position. Some clubs start forwards, some more upright, some with oars in the water, some with oars just above the surface
'row'	'and..in', 'and ... together'		This is when all 4 oars go in and the crew starts rowing
Oars	Easy oars	Easy oars	This is when you stop rowing and lift the blades so that they are out of the water.
Hold water	Hold	Hold water	Put blades in the water and hold them there. This acts like a set of stabilisers and helps keep the boat in position. Useful if changing crews, giving instruction etc.
Back water			This is when you row in the opposite direction ie start the stroke at the cox and bring the oar back to the bow. This is mostly used at a start line to move the boat backwards, or to move off from a beach, harbour wall etc.
Port / Starboard side only	Bow / stroke side only		This is when only the oars on one side of the boat row. This is mostly used as a turning stroke or to straighten a boat up that is off -course. In a race situation, it will be the command to perform a turn and often the other oars can back water, or hold water to assist the turn. It is important to familiarise yourself with your set-up and Port / Starboard.
Hard on starboard side, ease off on port	Hard on stroke side, ease off on bow side		This is when all 4 oars are rowing, but with more power on one side. This may be used to perform a turn in choppy water where it's easier to keep everyone rowing, or to turn the boat back on-course.
STOP!			This is when on the command, all oar blades are immediately plunged into the water simulataneously to stop the boat. This is used in emergency situations such as about to hit an unforeseen hazard, man over board etc.