

Anchorage Rowing Association Club Standards

Shell Care

In the shell pen

- No. 1 Rule DO NOT STEP OVER SHELLS
- Watch riggers when removing or returning boats, particularly singles
- There is no rush to move a boat, listen to the coxswain and move gently
- Wipe down each boat after use
 - If the boat is stored above shoulder level, ensure trestles are available to sit the boat in on return from the water session
 - Take this time to do a quick damage check
- Note any damage! Use the red binder provided in the shed
- Once boat is placed on the racks – LOCK IT
 - Even if there is a water session after you clean and store the boat – it may not be used.

Washing boats

- Place boats on trestles, cockpit upright.
- Wash the deck, slides, riggers and all cockpit areas with soapy water and a good sponge (scourers, abrasives, chemicals other than detergent should not be used).
- Check the boat for loose fittings, missing nuts, washers, or damaged parts and make good.
- Roll the boat over so that the hull is exposed.
- Wash down the shell and rinse the hull and the inside of the boat, riggers – especially around the gates, and canvasses. Be sure to remove all detergent.
- Apply wax to the hull; once dry, polish

Oar Care

To keep ARA rowing, we need to keep our oars in tip top condition. Here are some ways we can take of our oars and sculls:

- **Post row inspection:**
 - Have a look at the hand, look at the button, sleeve and blade; if you notice any damage, note it in the damage log and inform a coach or the maintenance committee
- **Wipe oar handles**
 - Best to do this after each row after wiping down the shell.
- **When carrying oars:**
 - Maximum of **two oars** per person, one in each hand
 - Hold in the center of the blade and place down parallel to the ground
 - Try and prevent the blades/handles from hitting or dragging on the ground.
- **When laying the oars down at the dock:**
 - Lay the blades down tips down, it helps prevent wear and tear

- **In the boat:**
 - o Don't push away from the dock! Walk the boat down and tap away

Launching and Landing

In the shell pen:

- Each must only remove boats from racks when the crew is ready to go to the dock and not wait for crew members to turn up or run errands while the boat is on trestles
- Boats may only be handled when there are sufficient people available to do so
- All crew should be present when handling a boat
- Crews must be careful not to allow the hull or parts of one boat to connect with the riggers or parts of another boat at any time
- One person only oversees lifting and handling each boat, usually the coxswain or stroke
- When lowering and lifting boats all crew must have hands on, assume strong, effective lifting positions: heads up, legs folded and backs straight
- If you are unsure with what to do: ASK!

On the dock:

- Before taking the boat out of the shell pen, the crew is to correctly adjust and check riggers (esp. spacers) and a quick check for damage
- When taking the boat onto the dock:
 - o ensure members of the public know what is going on
 - o bow should aim for the bin before turning, ensuring a slow transfer to the dock.
- Once the boat is in water, tie in oars and adjust footplates
- When stepping in the boat. Hold one oar and step on the deck – never the shell!
- Number off and listen to the coxswain!
- Remember: do not allow the oars to scrape along the pontoon when in a boat and on the water entering or leaving the dock.