

SIGN	COMMAND	DESCRIPTION	NOTES
SLAP THE BOAT TWICE	ATTENTION	Focus on the coxswain for direction	
“STOP”	WAY-ENOUGH	Stop walking	
Gesture – arm up at 90 degrees, chop down to level	EXECUTE	Do the action requested	All directions include a preparatory instruction followed by EXECUTE
MOVING THE BOAT			
“TOUCH”	HANDS-ON	Hands on the boat, ready for further direction	In position to lift the boat with a coxswain in sight
“TINY”	UP-ONE-INCH	Lift the boat only one inch	There are boats above and below ours so we don’t want to bump them
“MOVE”	BRING-IT-OUT	Shuffle step away from the rack bringing the boat out	Keep the boat parallel to the rack and prepare to roll it towards you to avoid the rigger of the boat above or keep your rigger from damaging the boat below
“WALK” AROUND”	WALK-AROUND	Every other rower walk around the boat to the opposite side while the others hold the boat	Getting positioned to lift and move the boat out of the boathouse
“UP” SHOULDER” “DOWN” SHOULDER”	UP/DOWN-TO-SHOULDERS	Lift the boat so it rests on your shoulder	Don’t start walking until directed by the coxswain
“WALK”	WALK-IT-OUT	Walk the boat out of the boathouse	Clearances are tight so be sure you don’t hit riggers or other obstacles
“DOWN” WAIST”	DOWN-TO-WAIST	Lower the boat to the waist, a more comfortable position to hold or carry the boat	
“UP” TOUCHDOWN”	UP-AND-OVERHEAD	Push the boat up till your arms are straight while stepping into the centerline of the boat	Usually required descending to the dock to clear the ramp’s side rails and when preparing to lower the boat into the water. You must lift your part of the boat. Locking your elbows is the easiest way to hold the weight. If you slack off, the others have to do

			your work.
Gesture – point to the edge “END”	TOES-TO-THE-EDGE	With the boat overhead, place the toes of one foot near the edge of the dock	
“TURN OVER”WAIST” “DOWN”	ROLL-TO-WAIST.... AND DOWN (to the water)	Roll the boat upright while lowering it to your waist... Lower the boat to the water without dropping it.	BE CAREFUL!! the boat is easily damaged if it gets away from you. It must be held level from bow to stern and from side to side while gently placing it on to the water. Be especially careful of the skeg (fin) that breaks off if the boat is allowed to roll away from you
“MOVE”O-A-R-S	GET-OARS	Some rowers go get the oars and place them at their appropriate position on the boat. Inboard rowers install their oars.	Example of the command will be Port or Starboard get oars and Starboard or Port hold the boat.
“HOLD”BOAT”	HOLD-THE-BOAT	Inboard seats hold the boat level while the outboard seats install their oars	Outboard seats step only where indicated and balance so the boat doesn’t roll
“FAR”EXTEND”	OUTBOARD-OARS-OUT	Outboard seats extend their oars and rest them on the water	The outboard oars need to be out to stabilize the boat anytime rowers are getting in or out of the boat.
LEAVING THE DOCK			
“ONE”IN” “SIT”	ONE-FOOT-IN.... AND-DOWN	Rowers grab their oar and place one foot where indicated.... Sit down.	Boats are fragile and there is a “step plate” that is the only place you can stand in the boat. NEVER LET GO OF YOUR OAR, it’s what keeps the boat from rolling over and a loose oar handle can hit your face if waves or wind catch it.
“HOLD”C-O-X”	HOLD-FOR-COX	Keep the boat steady while the coxswain gets in	The coxswain moving around can upset the boat

“COUNT”“BACK”READY”	COUNT-DOWN-FROM-STERN-WHEN-READY	Tap the rower behind you when you are strapped in and ready to row Bow seat raises hand to signal coxswain when ready	Make adjustments to your seat/rigger, position your foot-stretcher and tie your shoes to be ready
“READY”gesture – hand on the dock “PUSH”	ONE-HAND-ON-THE-DOCK.... PUSH OFF	Rowers put one hand on the dock and push off when directed then lean away	This pushes the boat away from the dock and rowers leaning away from the dock keep the oars and riggers from dragging.
ON THE WATER			
<i>COXSWAIN SIGNS WITH HANDS EXTENDED TO EACH SIDE</i>			
Gesture - Appropriate fingers extended to each side thumb side up	Designate rowers	Fingers of the hand represent seats index, middle, ring, little R1 3 5 7 L2 4 6 8 Fist - no seats that side	Direction frequently needs to be for specific rowers e.g “bow pair” 1&2, “bow four” 1/2/3/4, “port”2/4/6/8
“SET”	SET-THE-BOAT	Designated rowers place the feathered oars on the water to stabilize the boat	There is a specific position to do this YOU MUST NOT LET THE BOAT ROCK!!!
“READY”	SIT-READY-AT-THE-FINISH	Legs are straight, shoulders behind the hips and oars at the chest	This is the normal position to start rowing from a stop.
“READY” then close fist	SIT-READY-AT-THE-CATCH	Shins are vertical, shoulders in front of the hips, arms straight with oars squared and buried	This is the position to start a race
Gesture – hands to the sides, chopping motion up and down	OARS-SQUARED-AND-BURIED	The oars are vertical and floating with the top edge at the surface of the water	
Gesture – rowing motion with hands vertical thumb side up	ROW-ON-THE-SQUARE	Keep the blades vertical with no feathering	
Gesture – rowing motion with feather	ROW-WITH-FEATHER	As the blades leave the water, rotate them to horizontal during the recovery	

Gesture – hand horizontal palm up raise several times	HARDER	Increase the pressure on your oar by pushing harder with your legs	Tells rowers to row harder to turn the boat or alter course
Gesture – hand horizontal palm down “pat” several times	EASIER	Decrease the pressure on your oar	Tells rowers to row easier to turn the boat or alter course
S-L-I-D-E “¼”, “½”, “¾”, F-U-L-L	¼, ½, ¾, full SLIDE	Limit the travel of the seat as indicated	Used during drills and warmup
Gesture – open and close fists a few times Gesture – hand horizontal palm down lower to the water	WAY-ENOUGH.... AND DOWN	Stop rowing Oars to the water	Keep the oars off the water.... Lower the oars to the water feathered