

## ROWING INSTRUCTION and EXAMS “DE HOOP”

### **B1-INSTRUCTION**      **Sweep rowing (Boordroeien) = rowing with 1 oar**

In order to start the course, you should hold the S1 qualification and should have rowed for at least 4 months in C4x+ and/or C1 boats. Which is approx. 180km of rowing experience.

- 8 -10 Lessons of 1 ½ hours each; 1 lesson per week.
- The course is being taught in C4+ boats.
- Course costs: €50 (goes to the club, not to the instructors who are volunteers. Direct debit payment);
- **N.B.:** It is not possible to teach the course with an empty seat. Therefore the commitment and presence of the entire crew is of essence.

After the successful completion of this course, you are allowed to reserve boats at B1 level. In order to keep practicing sweep rowing, you could participate in the Equipe rowing activity

<https://www.karzvdehoop.nl/equipe>

#### **General rowing rules and guidelines at De Hoop**

- Always take out the oars first;
- When carrying the oars: keep them low and the blade in front of you. Put the oars out of the way to the side of the dock (street side): blade/spoon facing down or with the blade in the water.
- When using a multi-person boat: you only can bring out the boat when ALL rowers and cox (if applicable) are present and ready to get into the boat.
- When using a coxed boat: the cox walks (in principle) in front of the boat when getting out and into the boathouse giving the commands;
- Always cross the Amstel at a right angle;
- Keep the starboard side of the Amstel as much as possible;
- Don't short-cut bends in the Amstel;
- When landing the boat on the dock: the blade/spoon of the oar on the dock side should be facing down in order to avoid unnecessary wear and tear;
- The boat should be dried off and the air chamber covers opened (where applicable) before putting the boat back into the boathouse.
- Be quick to evacuate the dock (both launching and after docking the boat);
- Don't use the outer bridge holes of the Berlage bridge;
- Preferably wear light coloured clothing for more visibility;
- Always report (light) damage and/or defects to the boat/oars in the “damage book” (next to the computer in the boat house) in order for the boatsman to fix it;
- Past the Amstel Hotel (going into the city centre) it is not allowed to row, except when using a coxed wherry or C4x+, C3x+ or C2x+ boats.

#### **Boating ban**

In case a boating ban is announced on the homepage of De Hoop website it applies irrevocably.

Furthermore, boating bans apply:

- When the outside temperature is below 0 degrees Celsius: no wooden boats;
- When the outside temperature is below -2 degrees Celsius: ban for all boats;
- Ice, however thin, on the Amstel;
- Fog: when the building of Nereus is not quite visible;

- Wind force 7 or higher on the dock;
- In case of a blockage due to rowing regattas or otherwise;
- In case the boatsman, a member of the materiel committee or a board member announces a boating ban on the spot and puts a note on the workshop or boathouse door (signed with name, date and time).

## B1-EXAM

The rowing exam takes about 20 minutes per boat/crew. A member of the exam committee administers the exam.

### Requirements:

- Rowing in a C2+;
- To correctly bring the boat, the oars and rudder out and back into the boat house by using the correct commands;
- To safely get in and out of the boat;
- To correctly adjust the foot plate when on the water;
- To row a manner which is safe, technically correct and synchronised at all positions in the boat, including the coxing position;
- To be able to give and execute the commands in order to use the boat independently;
- To be able to execute specific commands:
  - To make an emergency stop;
  - To keep balance while pulling the oars tight along the body of the boat in order to pass narrow bridges or in between dolphins;
  - To turn the boat around over port and starboard side;
  - To be able to back down the boat (i.e. “reverse” rowing) over the length of about 20 meters.
- To cox the boat:
  - to be able to give the correct commands;
  - to correctly use the rudder;
  - to be able to dock the boat on starboard and on port side in order to use the boat independently.
- To be able to describe the basics of the rowing technique;
- To be able to describe the function of using height clips and the effect it has when adjusting them;
- To know the general rowing rules and guidelines at De Hoop (see instruction).

**You need to be familiar with the following theoretical components (see the **Rowing Instruction Guide**):**

- The rules on the water;
- The boat parts and the various boat types;
- How to use the online-boat reservation system and the damage & broken parts book;
- The commands used in rowing boats.

### Registering

- The instructor decides when the pupils are ready to take the exam and to this end makes an appointment with the exam committee (minimal one week before the exam date) by email to Rob Tijssen: [janstijn@xs4all.nl](mailto:janstijn@xs4all.nl).
- The instructor is responsible to reserve a boat for the lessons and the exam. The instructor is present during the exam for observation.

- In principle, the pupils take the exam together. The examinees will be assessed individually, not as a crew.