

## SDCRC commands- It is imperative we use club commands to avoid confusing rowers

COMMAND	ALTERNATIVE YOU MIGHT HEAR	When Used?	NOTES
Ready to row	Forward to row	To prepare 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	Forward Row	To move	This is when all 4 oars go in and the crew starts rowing
Ease Oars	Easy oars	To rest	This is when you stop rowing and lift the blades so that they are out of the water.
Hold water	Hold	To keep boat still	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 row	Back Water, Backwards Row	To reverse boat	This is when you row in the opposite direction i.e. starting with your blade end towards the cox and bringing the blade end back towards 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.
1 and 3 only 2 and 4 only		To Turn	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 position numbering.
1 and 2 only, 3 and 4 only		To launch or land	Used when the water depth is uneven, and too shallow for bow or stern to row. Used bringing the boat on or off the slipway, for example.
Hard 1 and 3, easy 2 and 4 Hard 2 and 4, easy 1 and 3		Choppy water turn, or race turn	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!		Emergency	This is when on the command, all oar blades are immediately plunged into the water simultaneously to stop the boat. This is used in emergency situations such as about to hit an unforeseen hazard, man overboard etc.
Ship Oars		When landing	When oars are removed from thole pins and placed horizontally across the boat, in anticipation of removal at end of session.