

TEAM **K** EANE

Sculling School

General Guide to Carrying & Launching Boats

This is a general guide to help advise on the correct procedure for handling boats at TKSS. This has been provided to help you understand the procedure, expectation and responsibility to enable you to best care for yourself, your crew mates and the general public whilst also taking the best care of the equipment provided for your use by the club.

- **Only one person is to issue instructions when removing the boat from the bay, launching the boat or returning the boat to the shed**, this should either be the coxswain, the steer's person or the coach. All others are to carry the boat in silence to avoid creating confusion. Only shout 'stop' if you see a problem, which will result in equipment damage or some-one getting hurt.
- The crew for the boat should be able to carry the boat without assistance, unless they are juniors or any of the crew is injured. If you cannot carry the boat alert the person directing the boat before attempting to lift the boat. You must always keep your back straight and bend from the knees when carrying the boat, to not do so can cause you injury and transfer the weight of the boat onto the other crew members risking their injury also.
- If you are handling a sweep boat please ensure you stand either opposite your rigger or if in the bow portion of the boat behind your rigger and if in the stern, in front of your rigger. Ensuring that if you are to turn the boat over you are not standing in the way of your rigger.
- If you are handling a Sculling boat and you are seated in the bow portion of the boat stand behind your rigger and if in the stern, in front of your rigger. Again ensuring that if you are to turn the boat over you are not standing in the way of your rigger.
- If there is varying heights in the crew, redistribute so the tallest are at one end and the shortest at the other. When carrying the boat to the river make sure the tallest go first and when returning the shortest go first, this way you keep the boat as level as possible which keeps the weight of the boat evenly distributed between the crew.
- It is **VERY** important that the whole crew hold the boat at heads, shoulders, waists or on the half at the same time. **IF YOU CHANGE THE POSITION WITHOUT THE REST OF THE CREW YOU SERIOUSLY RISK INJURING A CREW MATE. ALWAYS** wait to hear the word '**GO**' before changing the position of the boat and move together! The only exception to this is when going to heads on three. **Please note** if the boat is not level the weight always falls onto the lowest point!
- When carrying boats in and out of the racks, trestling and to & from the river the crew is not only responsible for the the safety of each other and the people around you but also avoiding ANY damage to the boat or any other equipment. Only, water, hands, bums, racks and trestles are aloud to touch the boat! If you see any damage occur you are to **immediately** shout stop and alert the person calling the boat maneuver.

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Trestling Boats;

- Unless adjustments are being made to the boat all boats should trestle hull up if not being put back in the boat bay.
- If it is windy, never leave a boat out on trestles, always put it back on the rack.
- Riggers should **NEVER** rest on the trestle as this can cause serious damage to the shoulder of the boat.
- Always check the trestles are fit for purpose and suitable for carrying the weight and size of the boat.

Below are general trestle positions for different boat types. Please note this is general so please always follow the instruction called if different.

- On an 8+ the trestles should be positioned between Bow & 2 and 7 & Stoke.
- On a 4+ the trestles should be under Bow and Strokes riggers between the rigger and the backstay.
- On a 2- & 2x the trestles should be behind the bow and in front of the stroke at either end of the boat.
- On an 8X+ the trestles should be under Bow, 5 and stroke riggers between the rigger and the backstay.
- On a 4X the trestles should be under Bow and Strokes riggers between the rigger and the backstay.
- On a 1x the trestles should be under bow & stern end of the boat. You can sometimes only use one trestle, but always keep the stern elevated so the bow ball rests on the ground.

Removing Boats from the racks;

When removing from the racking, care has to be taken to;

1. Avoid damage to the hulls of other boats by the riggers
2. Avoid lifting the boat into the riggers of boats above

This process may be adjusted depending on the location of the rack and the type of boat, however based on the larger crew boats inside the boat bay I have laid out the process below;

To remove a boat from a rack gently lift the boat off the rack together and then pulling it so the outer edge of the boat comes off the edge of the rack.

Then by lowering the outside hands the boat essentially rolls off the rack onto the half position with all crew on the hull side of the boat. One hand must be positioned on the lower edge of the boat and the other reaching over the hull holding onto the upper edge.

Then when called one by one & from one end of the boat alternate crew members duck under the boat to stand on the inside/decking side of the boat and rest the upper edge of the boat on their shoulder whilst facing out of the bay.

Once all crew in correct position the remaining crew on the hull side of the boat can remove their hands from the upper edge of the boat and carry the lower edge only.

You can then walk the boat out of the bay.

Once out of the bay and clear you can then level off to waists and then go to shoulders if called.

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General rules for walking with a boat to and from the waters edge & placing the boat in the water

- Never run or walk quickly with a boat
- If wet and muddy never stand on the edges of the steps to the water as these are very slippery
- Always test your footing in the water if you cannot see the ground before transferring weight onto that foot.
- Always place the boat into the river with the Bows into the stream.
- Always walk the boat as deeply as possible into the river before placing on the water and make sure there are no obstructions in the water than can damage the hull of the boat or the fin & rudder.
- Again move together **ONLY** when called when placing the boat in the water. **NEVER** drop the boat in the water!
- It is the full crews responsibility to always make sure the bow and stern end of the boat is constantly manned & held in position whilst the boat is in the river and blades are being collected and put into the boat.

Please be reminded that rowing boats can be more expensive than most cars in value, maintenance and insurance, so please treat our equipment with care.

