

ROWING INSTRUCTION and EXAMS "DE HOOP"

S2-INSTRUCTION

Sculling = rowing with 2 oars

During this course you learn how to row in a stable C1 (solo) boat.

In order to start the course, you should hold the S1 qualification and should have rowed for at least (and recently) 4 months in C4x+ and/or C1 boats. Which is approx. 180km of rowing experience. (Up and down to "t Kalfje" is about 8kms). Only when meeting these requirements you will be able to register.

- When registering: Please mention your availabilities and possible holidays.
- Describe how much experience you have with a C1 boat. You might be asked to demonstrate your skills.

Course

- 8 Lessons of 1 ½ hours each; 1 lesson per week. Attention: one absence permitted.
- The course is being taught in C1 boats. A maximum of 3 pupils per instructor.
- Course costs: €50 (goes to the club, not to the instructors who are volunteers. Direct debit payment).
- It is expected that pupils practice themselves in a C1 boat at least once a week (in addition to the weekly lesson).
- Between November and April no S2 courses are taking place (because of the low temperature of the water).

After the successful completion of the course you are qualified to reserve type S2 boats (among which are practice skiffs) at the online reservation system. Go to "boot afschrijven"; click "alle typen" at the upper left hand corner and choose S2.

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 docking 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 C4x1, 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 of 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).

S2-EXAM

During the exam you demonstrate that you meet the requirements as mentioned below.

Following the instructions of the exam committee member, you row a few times past the dock and execute various exercises. The exam takes about 20 minutes.

Requirements:

- Rowing in a C1.
- To correctly bring the boat and oars out and back into the boat house.
- To safely get in and out of the boat.
- To correctly adjust the foot plate when on the water.
- To row any distance in a safe manner and technically correct while keeping balance.
- 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 be able to dock the boat using regular strokes as well as backing down the boat i.e. "reverse" strokes.
 - 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 in theory what to do when a boat capsizes.
 - 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

- In general the exam is taken every first Sunday of the month between 12.30 and 15.00.
- Either the instructor or the pupil makes an appointment with the exam committee at least one week before the exam date per email to Rob Tijssen janstijn@xs4all.nl .
- Members who did not follow this course, but who meet all requirements could register with the exam committee individually.
- The pupil or member makes sure to reserve a boat for the exam.