

ROWING INSTRUCTION and EXAMS "DE HOOP"

S3-INSTRUCTION

Skiff

You learn how to row in a skiff. This requires time, dedication, focus and discipline. To be admitted to this course, you might be asked to demonstrate your rowing skills in a C1 boat or (practice) skiff.

Requirements:

- You hold the S2 qualification.
- You have a minimum of 6 months experience rowing in a C1 boat.
- Two months prior to starting the course you have rowed regularly in a C1 boat and/or practice skiff.
- When registering, please mention your availabilities and possible holidays.

Course

- 8 Lessons of 1 ½ hours each in a skiff; 1 lesson per week. Attention: one absence permitted;
- A maximum of 2 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 skiff at least once a week (in addition to the weekly lesson).
- Between November and April no S3 courses are taking place (because of the low temperature of the water).

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 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).

S3-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 skiff.
- 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 manner which is safe and technically correct while keeping balance and in various tempi using light, medium and strong strokes.
- 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 demonstrate a race start.
 - 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.