

RACE COX NOTES

- Safety
 - Read Event Safety Plan
- CPGA racing rules and Umpires Code of Conduct
 - Read and understand rules:
 - Categories
 - Umpires
 - Racing
 - Safety
- Race training:
 - Crew bonding
 - Focus on winning not participating
 - Positive mental attitude
 - Push the barrier
 - Absolute focus on the event and concentration
 - Avoid alcohol (evening before race)
 - Practice racing sessions
 - Simulate course
 - Racing starts
 - Practice pin changes
- Preparation crew and boat kit:
 - Spare pins
 - Spare Yoke
 - Radio
 - Lifejacket (mandatory)
 - Stretcher ropes
 - Spare stretchers
 - Fenders
 - Bow and stern lines
 - Crew clothing
 - Crew medication
- Team health:
 - Pre-existing medical conditions
- Cox/crew Communication (e.g. cox and stroke rower):
 - Racing start
 - Time gone & time to go
 - Stroke rate/power up/down
 - Calling distance to go
 - Warning proximity of marks
 - Lift/box in/out of marks
 - Pacing leading/following boats
- Event arrival:
 - Arrive early do not rush
 - Off-load the boat
 - Secure the boat and kit
 - Secure the trailer
 - Book-in

- Have crew list ready
 - View the course
 - Short row if time allows
 - Keep crew together or always be in contact
- Coxes briefing:
 - Race course
 - Radio channel
 - Race starting position markers and procedure
 - Finish line markers and procedure
- Crew strengths and weaknesses
- Race plan:
 - Discuss pre-event
- Race Incidents:
 - Distress calls, radio, mobile phone, oars up
 - Retirement from the race
- Off-water warm-up
- On-water warm-up
- The start:
 - Be ready on time to take to the water
 - Be alert to tarter instructions and warnings
 - Position allocated/non allocated lanes
 - Consider obstructions, other gigs, tide, flow and wind
 - Tapping-up and holding position
 - Do not push the line
 - At the ready
 - Concentration
 - No talking/shouting
 - No un-sportsman like behaviour
- Racing starts:
 - Start time warnings
 - Flag-up
 - Eyes in-the-boat
 - Start call – radio/flag or loud hailer
 - Avoid oar contact
 - Avoid verbal conflict
 - Cox is in charge
- Turns:
 - Distance to mark call
 - Umpire calls boat that has water
 - Obey the Umpire
 - Cox call “my water” if other gig infringes
 - Avoid stroke and bow side infringements
 - The lift
 - Box turn
 - Go-call on out
- The finish:
 - Distance call

- Rate and pressure up
- Row through finish line do not stop
- Rate and power down when clear of finish line
- Breathing:
 - Control heart rate
- Warm down and stop rowing:
 - Rehydrate
- Protests:
 - CPGA rules
 - Umpires Code of Conduct
- Post-race critique
- Check the boat and kit complete
- Load the trailer and secure
- Wash-out boat on return to LR

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