

## Coxing instructions

Your cox will use a number of commands to control the boat and the rowers in it. Every club may have slight variations of the commands but here's some examples of what some mean.

### **Hands On**

Everyone to hold the boat

### **From Backstops**

All at backstops ready for the next command

### **Come forward!**

Everyone to frontstops

### **Wind Down**

Order to slow the rate down

### **Hold her hard**

Stop boat with reverse blades

### **Drop**

Lower blades into water

### **Easy all**

Everyone relax and stop rowing

### **Number off when ready**

Crew shout out their number when they are ready to row

### **Back it down**

Rowing in reverse

### **Firm pressure**

Putting pressure on feet when rowing

### **GO!**

A movement only ever takes place after GO is said

### **Are you ready?**

Making sure everyone is ready for next movement

### **Whole crew**

Everyone in the boat (together)