Steering

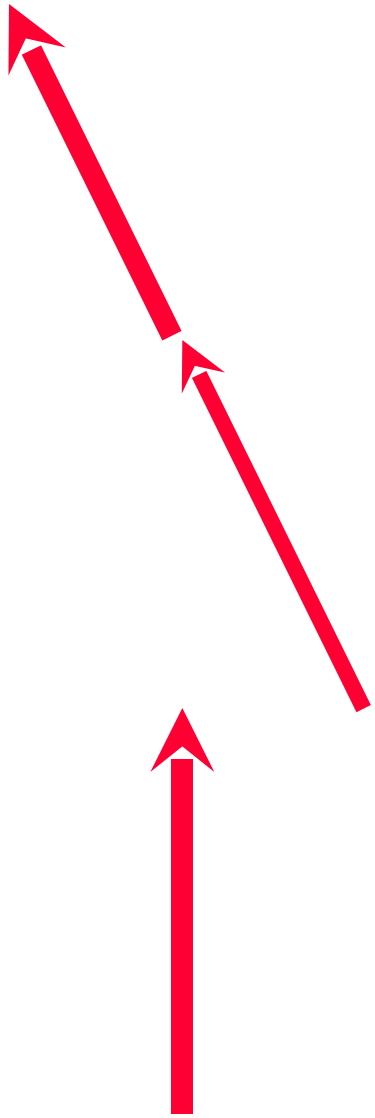
Rules of the River

- Consider other river users (on and off water)
- Navigation Rules
  - Motor Power
  - Muscle Power
  - Wind Power
- Generally keep to right – but find out local rules – (Thames)

Amount of steering

- In normal circumstances, the rudder toggles or strings should only be moved 5cm in either direction
- Steering should be little & often
- There is an apparent delay between applying the rudder and the boat changing course

Steering



3 New direction

2 Steering skids boat

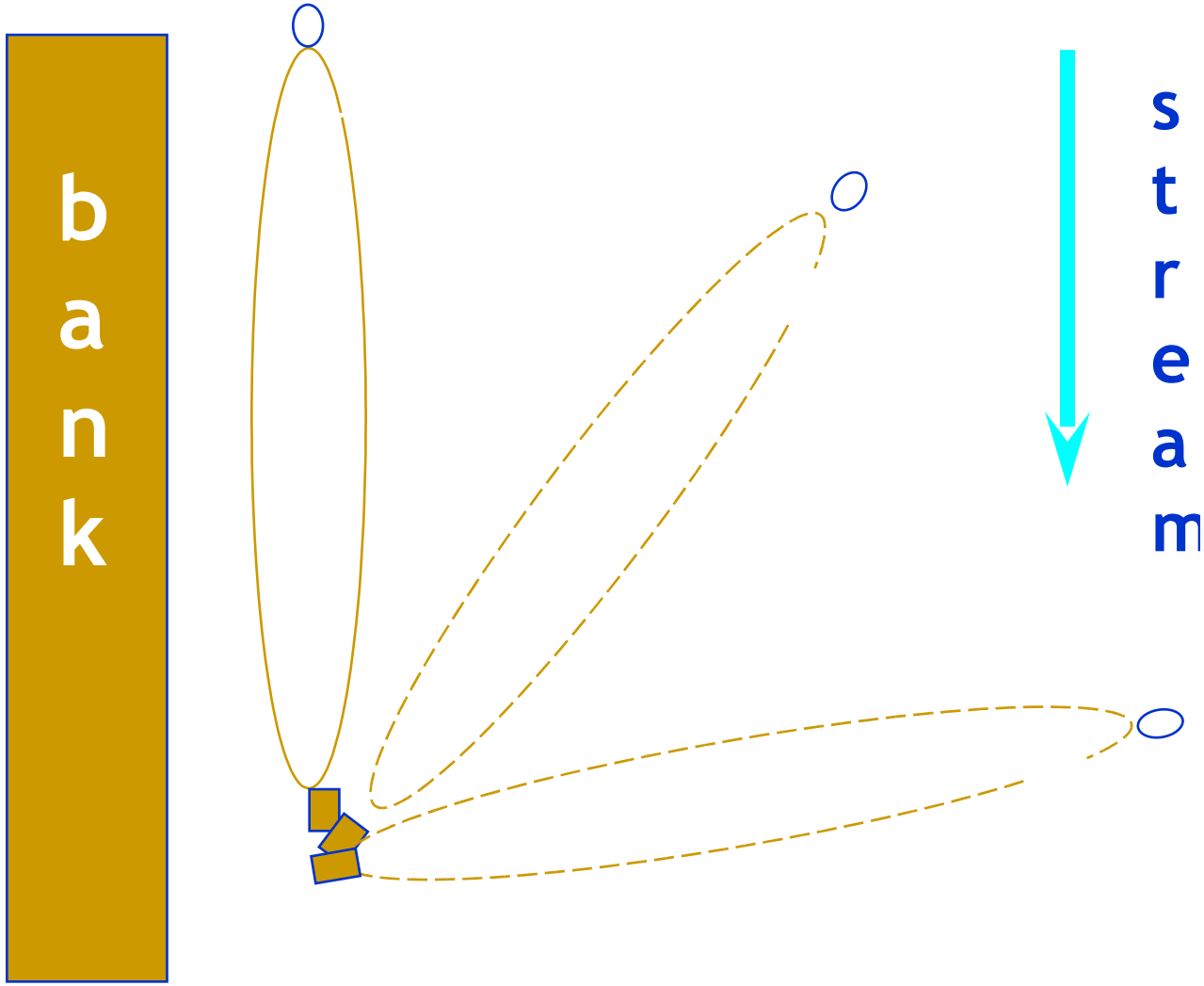
1 Boat is travelling forward

Practice

- If you have a wide enough body of water then get people to practice steering:
  - Straight Line
  - Slalom
  - Around each other
  - Sharp around a corner
  - Long around a corner

- What if you have an especially tight corner?

Using the stream



Approaching a landing stage

- Approach at 45 deg. angle
- Slow the boat using less rowers or less pressure
- Easy the crew
- Alert the bankside to lift their blades
- Manoeuvre with rudder alone
- Use closest water side rowers to back down if necessary

Getting onto a stakeboat (Backing on)

- Approach from windward side, allowing wind to put boat onto stakeboat
- Keep rudder tight, or it will spin round
- Use people nearest to cox to manoeuvre
- Approach SLOWLY

Thing that affect steering

- Rudder — Only works when moving
- Boat Speed — Coxed pair to eight
- Currents — Especially around bridges
- Wind — Head, tail, cross
- Waves — Coastal, cruisers, backwash
- Direction of travel — Up and down stream

Dangers in steering

- Bridges
- Flotsam
- Weirs
- Bouys
- The Coach

Stern & front loaders

- Differing centres of gravity
- Different vision
- Implications for coaching by cox

Maintaining Steering

- How do we maintain the skills (or how to coach the coach)

Racing

- Walk the course
- Know where start and finish are
- Plan pushes
- Look at stake boats
- Know where to warm up and wind down
- Local rules

Racing Disasters

- PRACTICE

- What if crew catches a crab?
- What if they hit something?
- What if something breaks?