

ROWING INSTRUCTION and EXAMS "DE HOOP"

B3

Pair 2- Sweep rowing (Boordroeien)

There is no instruction for B3.

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 2- boat.
- To safely 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 land the boat using regular strokes as well as backing down the boat i.e. "reverse" strokes.
 - To demonstrate a race start.
- 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.
- The examinees will be assessed individually, not as a crew.
- To know the general 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.

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 landing 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 landing 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).

Registering

- In general the exam is taken every first Sunday of the month between 12.30 and 15.00.
- The examinee makes an appointment with the exam committee at least one week before the exam date per email to Rob Tijssen janstijn@xs4all.nl.
- The examinee makes sure to reserve a boat for the exam. The examinee(s) will be assessed individually, not as a crew.