

## ROWING INSTRUCTION and EXAMS "DE HOOP"

**B3**

### **Coxless Pair - 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 [examen@karzvddehoop.nl](mailto:examen@karzvddehoop.nl)
- The examinee makes sure to reserve a boat for the exam. The examinee(s) will be assessed individually, not as a crew.