

## Three Rivers Rowing Association Coxswain/Steersmen Training Checklist

Teams that row or paddle from a TRRA facility should establish a learning/review process to help ensure safe, fun and effective execution of program goals in training and competition settings. This checklist, while useful for all participants, is designed to support coxswain and steersmen in fulfilling their roles. Review twice/year recommended.

Sources of Support	Items to include or consider:
<b>TRRA Resources</b>	<ul style="list-style-type: none"> <li>• Participate in TRRA Pre-Season (Spring and Fall) Safety Meetings</li> <li>• Coxswain Clinics</li> <li>• <a href="#">Online Safety Resources</a></li> </ul>
<b>Team or Program Resources</b>	<ul style="list-style-type: none"> <li>• Dedicated coxswain/helm positions</li> <li>• Mentoring relationships for volunteer coxswains/helmsmen</li> <li>• Safety Responsibilities               <ul style="list-style-type: none"> <li>○ <a href="#">Navigation Rules</a></li> <li>○ Barges, Buoys, Abutments, Traffic and other Hazards</li> <li>○ Weather</li> <li>○ Communication and Procedures</li> </ul> </li> <li>• Boat handling               <ul style="list-style-type: none"> <li>○ Carrying Equipment</li> <li>○ Launching, Navigation and Docking</li> <li>○ Trailer Loading</li> <li>○ Use of Lifts</li> </ul> </li> <li>• Communication               <ul style="list-style-type: none"> <li>○ Between Coaches and Rowers</li> <li>○ With other Boats</li> <li>○ Commands and Calls</li> <li>○ Emergency Situations</li> </ul> </li> <li>• Racing               <ul style="list-style-type: none"> <li>○ Training and Practice</li> <li>○ Race Day and Race Plans</li> <li>○ Sprint Races and Head Races</li> <li>○ Mental Preparation</li> <li>○ Knowing the Course and the Crew</li> </ul> </li> <li>• Equipment               <ul style="list-style-type: none"> <li>○ Equipment knowledge</li> <li>○ Cox boxes, lights, cox bags, floatation devices</li> </ul> </li> <li>• Procedures               <ul style="list-style-type: none"> <li>○ Pre-Launch and Pre-Season Checklists</li> <li>○ Practice Procedures</li> <li>○ Travel and Competition Expectations</li> <li>○ Changing Conditions</li> <li>○ Emergency Situations</li> <li>○ Off-Season</li> </ul> </li> </ul>
<b>USRowing Resources</b>	<a href="#">Clinics</a> <a href="#">Rules</a>
<b>US Dragon Boat Federation</b>	<a href="#">Home Page</a>
<b>Other Public Resources</b>	<ul style="list-style-type: none"> <li>• Examples include:               <ul style="list-style-type: none"> <li>○ <a href="http://www.uscgboating.org/">http://www.uscgboating.org/</a></li> <li>○ <a href="http://www.thecoxguide.com/">http://www.thecoxguide.com/</a></li> <li>○ <a href="http://www.thecoxguide.com/coxcha1.html">http://www.thecoxguide.com/coxcha1.html</a></li> <li>○ <a href="http://www.9thseat.com/">http://www.9thseat.com/</a></li> <li>○ <a href="http://www.firstandthird.org/frames/rowing/coxnovicing.shtml">http://www.firstandthird.org/frames/rowing/coxnovicing.shtml</a></li> </ul> </li> </ul>