

Coxing/Steering; Attaching to a stakeboat

What's a stakeboat?

A stakeboat is a boat, or pontoon that is used to hold the stern of each boat at the start of a side by side race.

Getting attached to the stakeboat

The aim is to place the stern of the boat at the end of the stakeboat, so that the boat is pointed in the right direction and then to maintain this position.

Approaching stakeboat starts

The crew should be attached 2 minutes before the start time



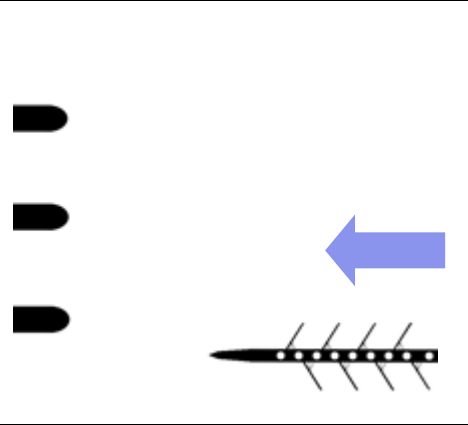
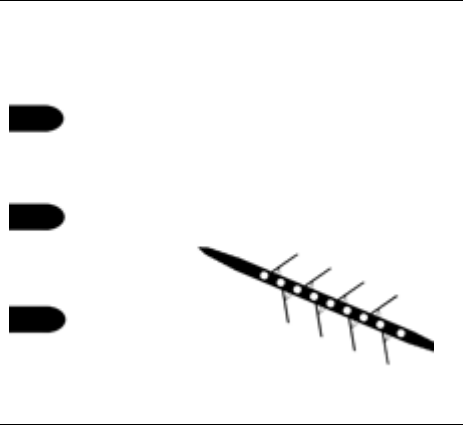
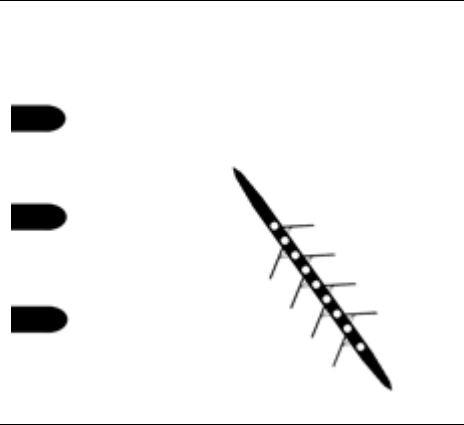
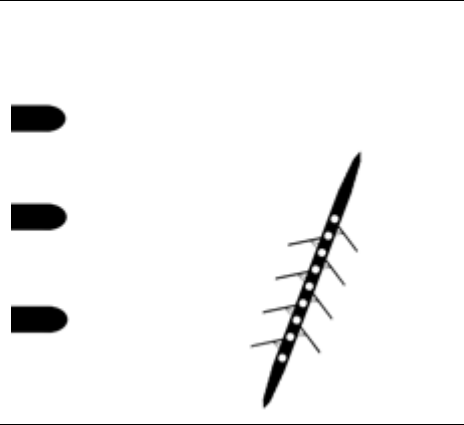
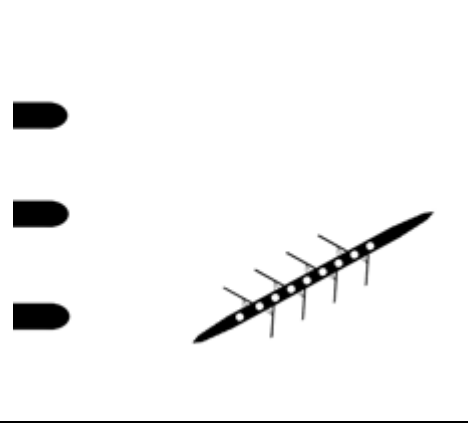
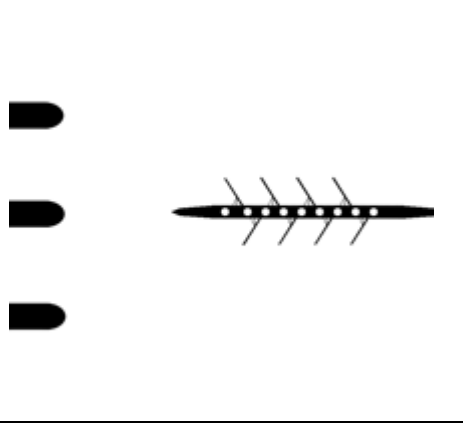
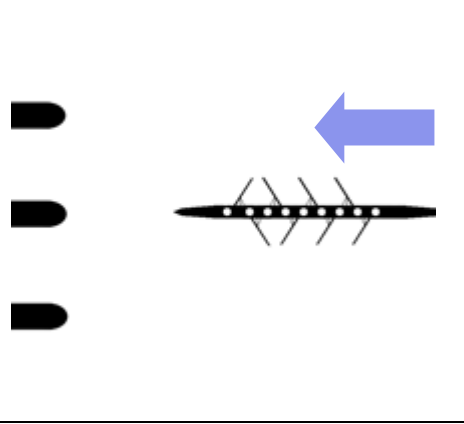
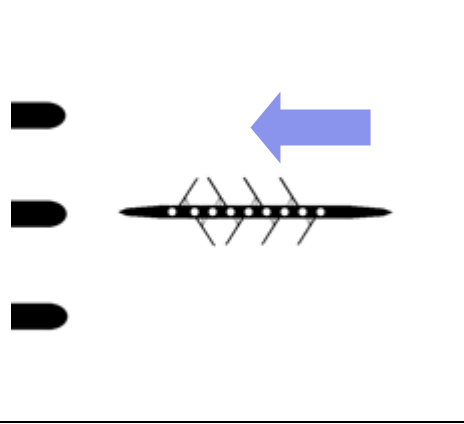
This picture illustrates how, when attached to a stakeboat, one member of the crew can pass the handle of their oar forward.

The person in front then uses the oar to row the boat sideways.

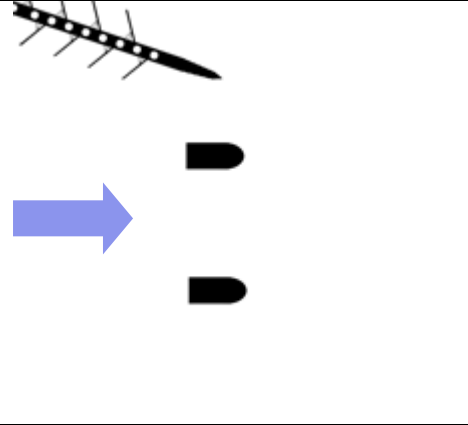
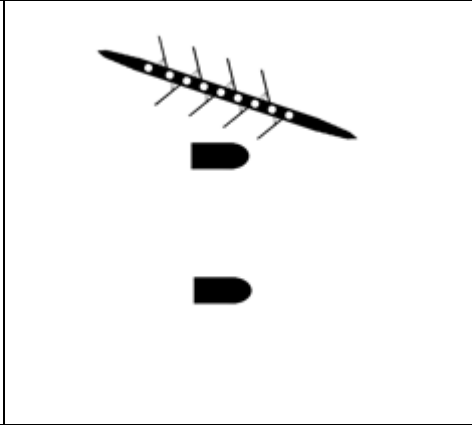
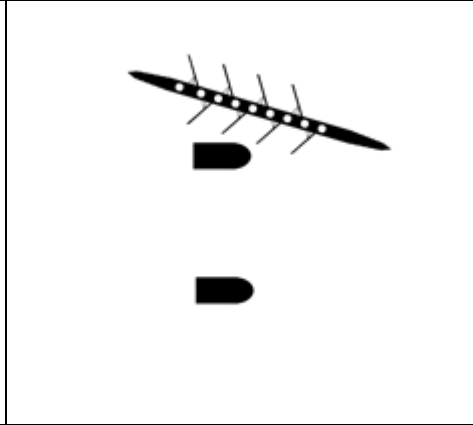
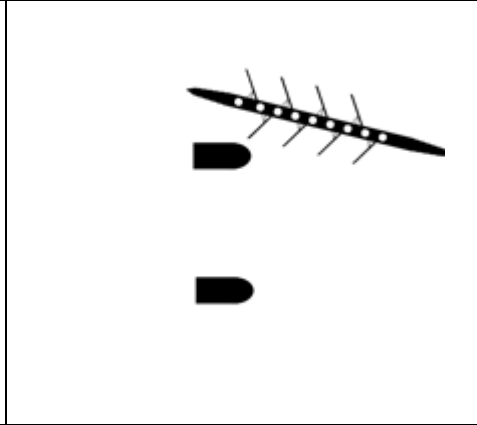
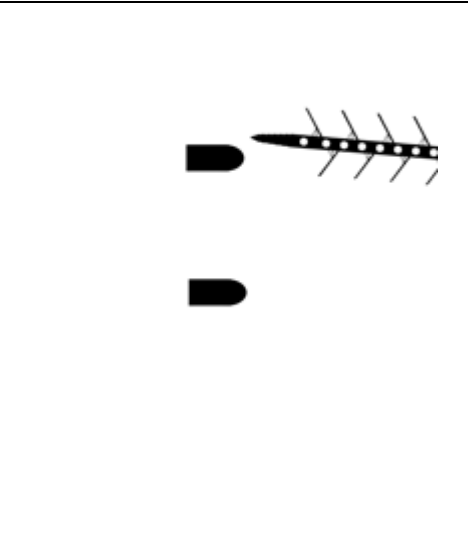
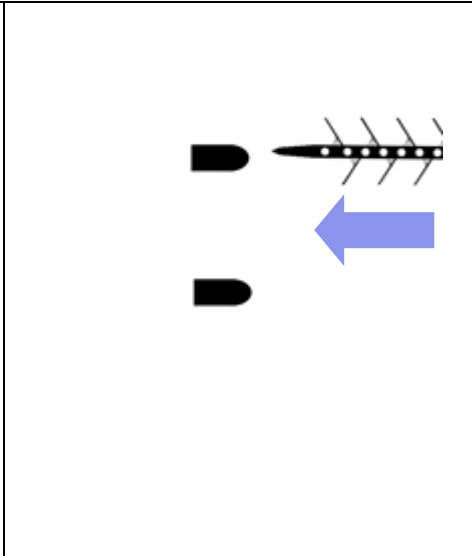
This is sometimes known as “scratching”

The crew should know how to do this technique as it is important for maintaining your position when attached to a stakeboat, particularly in conditions where there is some stream, or a crosswind.

Attaching to a stakeboat

Approaching from the course			
			
<p>The crew should come into their lane. Where conditions are calm, crews can approach the stakeboats before turning. Remember that if there are wind and waves helping to push the boat towards the start you should turn the boat further away from the stakeboat.</p>		<p>As soon as the bows come into the lane, turn the boat by gently holding the boat up on one side. This will maintain the momentum to still be straight in the centre of the lane.</p>	
			
		<p>When straight, use stern pair to reverse onto the stakeboat, with bow pair ready to stop the boat as it approaches the stakeboat. Using only two people to back onto the stakeboat makes it easy to adjust the direction.</p>	

Attaching to a stakeboat

Approaching from behind the stake boat			
			
<p>Approach the stakeboat at a 45 degree angle, keeping the tips of the oars close to the stakeboat. Easy the boat 2 lengths from the stakeboat and drift in</p>		<p>When the middle of the boat comes alongside the stakeboat, hold the boat gently on the side furthest from the stakeboat to bring the stern round to the stakeboat holder.</p>	
		<p>Coaches, Coxes and Rowers; Practice before the event!</p> <p>Being poorly prepared will lead to the crew becoming distracted and anxious prior to the start of what could be their major race of the season</p> <ul style="list-style-type: none"> • Coaches; plan to practice • Coxes; explain the benefits to the crew's performance of practicing • Rowers; ask to practice to improve your performance 	

Further possible scenarios

- **With Tailwind and/or with stream start**

- **Approaching from the course;**

- You can approach the start more closely before turning as the wind/stream will tend to push you **away** from the stakeboat
- You may need to use the whole crew to reverse to within one length of the stake boat, and then use stern pair to manoeuvre as above.

- **Approaching from behind the stakeboat**

- Easy the boat 2-3 lengths before the stakeboat and then continue as above; The wind/stream will tend to push you towards and then away from the stakeboat more quickly than you may expect. As the middle of the boat passes the stakeboat, you may have to hold the boat harder than normal

- **Against headwind and/or upstream start**

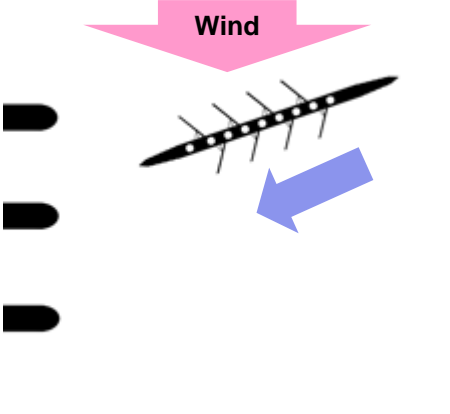
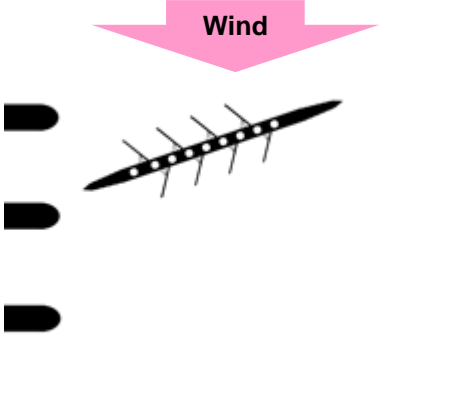
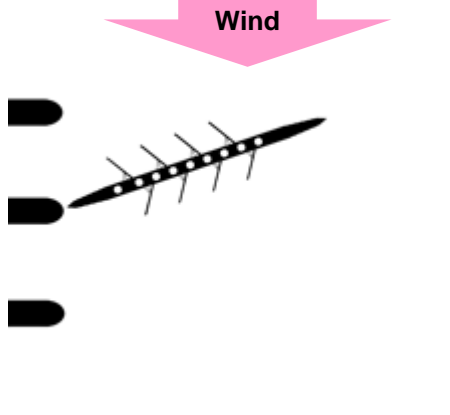
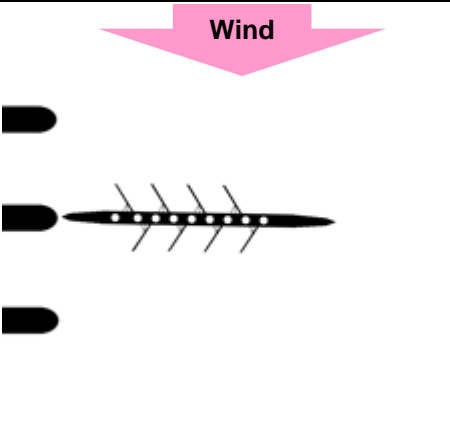
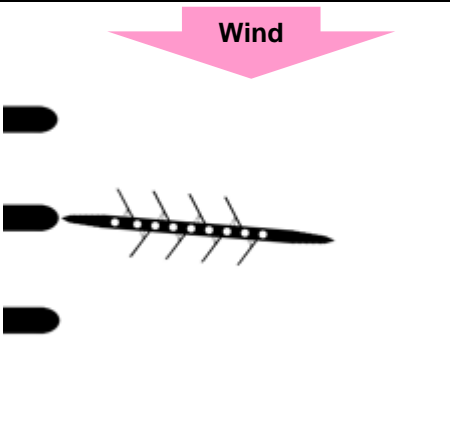
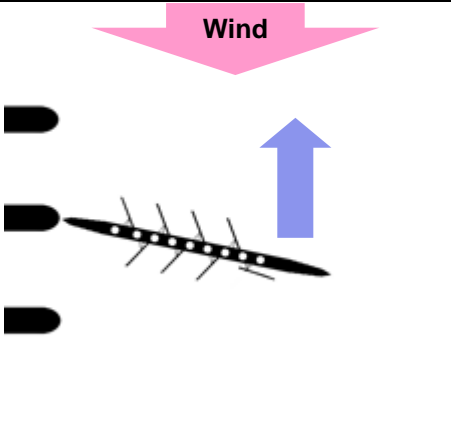
- **Approaching from the course**

- As the wind/stream will tend to push you towards the start, you should begin turning the boat further away from the start
- Also; stern pair may need to manoeuvre more by rowing on, rather than backing down.

- **Approaching from behind the stakeboat**

- Easy the side furthest from the stakeboat and continue to paddle on the side nearest the stakeboat to counter the wind's effect on the boat speed.

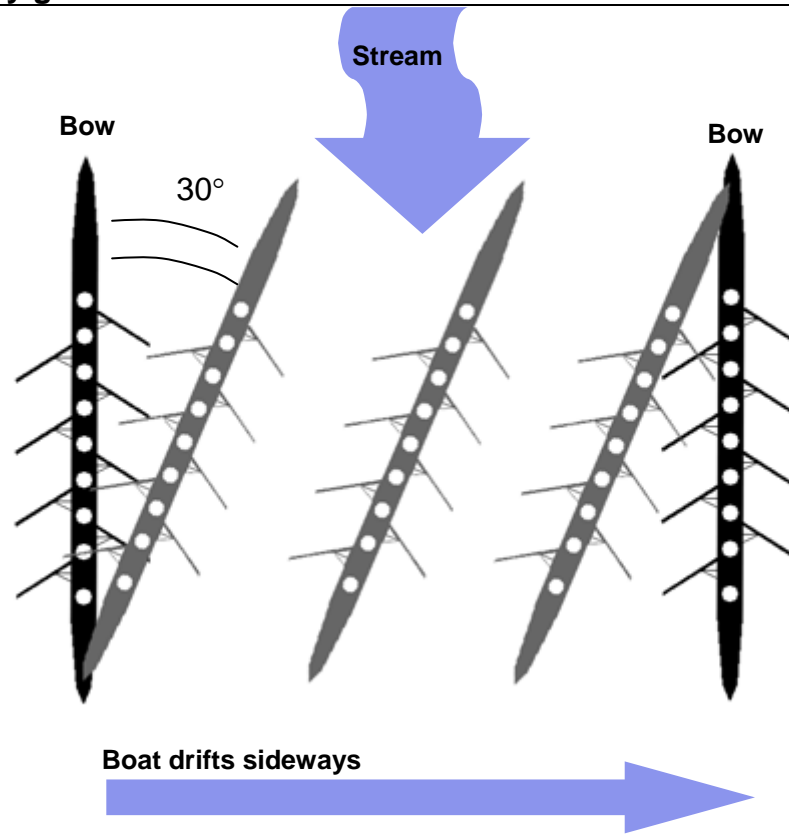
Attaching to a stakeboat in a crosswind

<p>A cross wind will tend to push the boat across the course or away from pointing down the course</p> <p>Observe previous races and listen to the procedures used by the umpires to align and start the race. Listen to the gaps between the attention and go. This is the time available for the wind to move the bows of the boat. Allow for this when aligning the boat on the start.</p>	Approaching from the course		
			
<p>Approach from the windward side, (the side of the stakeboat that the wind is blowing on) so that the wind will help to blow the boat across to the stakeboat</p>	<p>Reverse, aiming for the windward side of the stakeboat Keep the bows pointing into the wind somewhat</p>		
Maintaining position when attached to the stakeboat			Approaching from behind the stakeboat
			<ul style="list-style-type: none"> • Approach from the windward side • Leave more room between the tips of the oars and the stakeboat • Approach straighter and then steer towards the wind at the last moment so that the stern moves onto the stake boat and the bows point into the wind
<p>Small adjustments can be made by backing down on the side that the wind is blowing on. Rowing on heavily will detach the boat from the grip of the person on the stakeboat!</p>	<p>Larger adjustments can be made by passing the handle of bow or twos blade forward so that two or three can use the oar to row the boat sideways</p>		

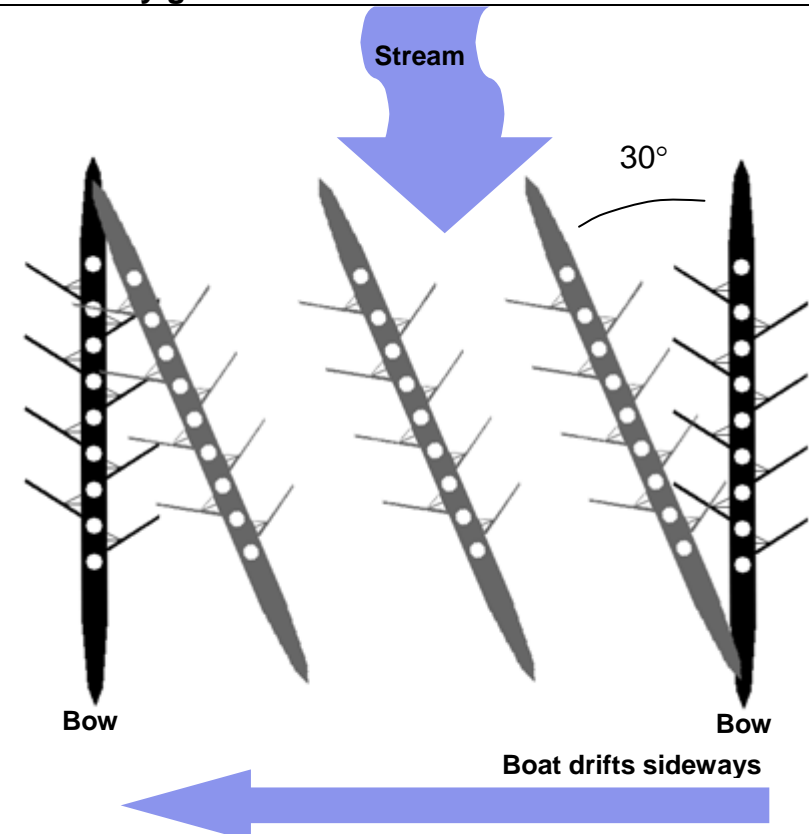
The ferry glide

You can use the stream to help you manoeuvre the boat sideways across the river. This can be particularly helpful when manoeuvring, and it used to be used to help ferries cross rivers; hence the name

Ferry glide



Reverse ferry glide



If you angle the boat at about 30 degrees to the stream and row on lightly, you will drift sideways whilst maintaining your forward and backward position in the stream.
You can alter the number of people rowing or sculling at one time to adjust the effort and hold your position.

You can also drift sideways by angling the stern at about 30 degrees to the current and getting the crew members to back down sufficiently to hold your position

General points to remember

Respect the dedication of the volunteers on the stakeboat.

Their role is to hold the stern of the boat

Do not become annoyed with them

Alerting the starter to the fact that the boat is not aligned

Only raise the hand if not ready

If not straight, inform the crew “hand going up” BEFORE raising the hand, so that the rest of the crew is aware what is happening.

Once straight, say to the crew “hand going down” BEFORE lowering the hand.

All changes of direction should be done with small strokes to avoid pulling away from the stakeboat

The umpires will normally try to help in difficult conditions; follow their instructions

Reversing;

When reversing, keep the rudder lines taut, otherwise the rudder will flip and this will cause problems. The best way of straightening a flipped rudder is to move the boat forward

