



LINCOLN ROWING CENTRE

EST. 2006

LINCOLN ROWING CENTRE MEMBERS' HANDBOOK

Version 1.3 - Apr 2019

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1. Welcome to Lincoln Rowing Centre (LRC)

This handbook is intended as a reference guide to life at LRC and contains information useful to both new and existing members. Now at version 1.3, it continues to grow and evolve with some tweaks and additions since last year. Please contact a committee member if you have any comments or would like to see other pieces of information included in future iterations of the handbook. In the meantime please consult the notice boards for the latest information. The handbook is also accessible on the LRC website.

History. Lincoln Rowing Centre was founded in 2006 but local researchers have found that Lincoln had a competitive rowing club dating as far back as the 1860s. Originally based on Brayford Pool in the premises of the boat builder Matthew Bell. The club also resided at Foss Lodge, Foss Bank on the corner of what is now Arthur Taylor St. Here, it developed into an extremely successful club competing against friendly rivals Nottingham, Boston and Gainsborough Rowing Clubs and gained quite a reputation for its success.

In 1914 every member of the club enlisted into the forces and fought in the First World War; unfortunately 75% of these became casualties. After the War, the club struggled to maintain its membership and, in 1939, at the outbreak of the Second World War, it was forced to close its doors.

After an absence of nearly 70 years, Lincoln based rowers took to the water once again when a crew from the newly founded Lincoln Rowing Club entered the annual Boston Rowing Marathon in 2006. In early 2007 a small group of local and RAF rowers moved into the Spa Road power station pump house using equipment kindly provided by established local clubs and the RAF Rowing Club (RAFRC).

Our Members. LRC has a diverse membership including rowers from University of Lincoln Rowing Club, members of the armed forces and a large junior membership. Some members compete at events at national and regional levels, whilst others have joined purely for recreation and fitness - there is something for everyone here. LRC does employ paid coaches but usually relies on the goodwill, time and effort of its volunteer members to perform the functions required to run the centre safely and efficiently.

British Rowing Affiliation. LRC is affiliated to British Rowing (BR), the national governing body for our sport. Much of the funding required to build the second boat house and changing facilities was provided by Sport England through our BR, affiliation. All rowing members of LRC have BR membership.

For more information see

<http://www.clubmark.org.uk>.

<http://britishrowing.org>

<http://www.exploreroxing.org>

2. Lincoln Rowing Centre Facilities and Equipment

Facilities. Prior to 2014 the facilities at LRC comprised the brick pump house (for boat storage, land training, social etc.) and a portable toilet, which doubled as a changing room! Owing to an injection of hard won grant money from a variety of sources, LRC now boasts male and female changing rooms, a gym/social area, and two boathouses. The landing stage at LRC is on the small side and easily gets congested - please assist others to launch or recover boats to ease the flow. An extension to this landing stage is the next phase of development and we are seeking funding for this project. The annual running cost of the club is sourced from membership subs, racking fees, 'Lincoln Head' income and grants. LRC does not seek to make a profit, but aims to use excess cash to improve facilities and buy boats and equipment for the benefit of its members.

Boats. The boathouses contain boats owned variously by Lincoln Rowing, the University, the RAF and private members. The RAF RC pays an annual fee to rack some of its boats in our boathouse. These boats are for use by RAF members rowing at LRC but are occasionally used by other members by permission only from the RAF/Armed Forces Rep. Details are on the notice board. All of the boats have been carefully rigged and, other than footplates, shouldn't be changed unless under direction from the club captain or coach. Plastic 'C' clips have been placed on all riggers to allow for heights to be adjusted easily. From time to time the club will purchase new equipment, but in general we try to take care of the equipment we have and our own members maintain and do most of the repairs of boats and kit. Some of this equipment sees a lot of use and damages can occur. If you see a problem with any of the equipment then please highlight the issue to one of the club captains or the session supervisor. Please report all damages to the Centre Captains. This allows repairs can be carried out as soon as possible, and alert other users to any problems.

Getting to know your way around a boat is an important aspect of rowing. Knowing how the boat fits together and when things are wrong can save you and others time on the water.

Blades. We have a range of sculling and sweep oar blades in the large boathouse. On all blades, the position of the collar and the overall length of the oar can be altered to suit individual rowers. This should not be done without the permission of the coach. LRC oars are set up in a limited number of standard sizes and are clearly labeled. Please replace the blades in the correct slot on the rack.

Personal Equipment. Apart from clothing and rowing specific kit (see sec 5.), one piece of equipment that you may find useful to own is a 'rigger jigger', this is a spanner with a 10mm and 13mm head which fits the bolts and nuts on most standard boats. They come in all shapes and sizes but are essential for rigging and de-rigging boats.

Many invest in a seat pad. These are used for comfort but also as a coaching tool, especially for juniors, to adjust the body height in the boat.

3. Membership

In order to become a member of LRC there is a requirement to:

- Complete the Online Membership Form on joining and annually. This is updated each year to ensure that membership records are kept up to date and to comply with current Data Protection Regulations. Please be prompt with your update when requested by the Membership Sec.
- Pay the appropriate subscription. This can be either standing order or a cheque, payable in April, for the whole year (or part of the year if starting midway through).
- Take out British Rowing Membership with LRC as one of your selected clubs. Juniors will have "Race" Membership. Adults must have a minimum of "Row", however, "Race" Membership is required for competing in BR events.

Lincoln Rowing Centre offers several categories of membership:

Full

University of Lincoln

Junior

RAF

Affiliate Student

Cox

Social

If you wish to rescind your membership of LRC at any time, please inform the Membership Sec. so you may be removed from the records and the email distribution. Further information regarding membership may be found in the LRC Constitution. A copy of which is kept on the notice board upstairs.

4. Communication within LRC

It may take time to become familiar with life at the club - getting to know your way around the boathouse, what you can expect as a new member and how you can help out. Some new members come with bags of rowing knowledge and experience, and others come with none at all. Be pro-active and join in - there is usually plenty to do and taking part is by far the best way to learn. The club has many experienced rowers who can offer advice.

Should you have a suggestion or grievance concerning LRC then please approach one of the captains or the Club Chairperson - details on the notice board.

Below are methods used by LRC to communicate with its members. No one method is perfect and communication errors do occur - please be patient and bear in mind that most of the coaches and helpers volunteer their time and all are doing their best to provide a good rowing experience for you.

If you receive a piece of information concerning club issues or an enquiry about membership, don't keep it to yourself - please share by an appropriate means with the relevant people.

Social Media. Like them or loath them, social media are very efficient for distributing information to large numbers of people, with feedback visible to all, in a single location. British Rowing recognises this and recommends their use for the swift communication and feedback within rowing clubs.

LRC finds **FaceBook (FB)** a useful tool for this purpose. In addition to posts on the group detailed below, captains and club members also use **FB Messenger** function to relay messages to smaller groups. The FB page is the primary method of communication within LRC.

THE LINCOLN ROWING CENTRE GROUP

<https://www.facebook.com/groups/28593967987/>

LRC also uses **Twitter** and **Instagram** to promote the centre and display photos and videos.

When using these sites please remember that comments are visible to everyone and should therefore be brief and inoffensive. Please refrain from personal or sarcastic comments and angry exchanges. What one may consider jokey banter may be viewed by others as inappropriate.

Email. All LRC members complete the Online Membership Form on joining the club and each year; hence their email is added to the club distribution list. Email is used to back-up information distribution and for matters requiring a more formal approach than FB.

Noticeboards. There are a number of notice boards in the upstairs room at LRC. One details of the LRC Club Welfare Officer (CWO). Other boards display information about future events, training sessions and competitions.

Newsletter. There is a plan to produce a periodic newsletter to distribute information to the membership. Watch this space.

Website. There is additional information, links, photos and videos on the LRC website:

<http://www.lincoln-rowing.org.uk>

5. Training

Clothing. Wear appropriate sports clothing when out on the water and avoid bulky items that may interfere with your blade handles. Remember to bring a change of clothing and a towel to every water session. If you have long hair, please tie it up as it can present a hazard in the event of capsize.

If you decide that rowing is the sport for you, you may wish to buy club kit. The club places frequent orders with the retailers, Godfrey, <http://www.godfrey.co.uk>, and five57sportsgear, who offer discounts for bulk purchases.

If you are planning to compete at events, an LRC 'All-in-one' must be worn; buy or borrow as required.

There are other rowing specific items of clothing you may find useful in time such as "Pogies" - these are adapted mittens which fit over the blade handles to keep your hands warm in winter.

Water sessions. Owing to the broad range of rowing experience and limited resources at LRC the weekly timetable is divided into water sessions and allocated to the various groups using the facilities. The session timetable may be found on the website and displayed on the notice board. Session leaders will frequently post sessions on FB to gauge the numbers of rowers attending and help organise rowers into boats, if required. Although sessions will be lead, the leader will not necessarily offer coaching. During the summer, evening rowing provides plenty of opportunity to get onto the water. The all-inclusive session on a Sunday morning enables the development of less experienced rowers through coaching and being crewed-up with more experienced club members.

Booking out. There are two books on the table in the small boathouse. One is a diary in which you may request a boat for an outing, no more than a week in advance. The second to be completed immediately prior to a water outing with the details requested. Don't forget to fill it in upon return.

Boat Handling. Rowing boats are extremely delicate and expensive pieces of kit so it is important that they are handled with great care at all times. Larger boats such as fours, quads and eights will ideally be carried and manoeuvred, in a coordinated

manner, by the rowing crew but should have an additional person (the cox if there is one) directing them. This is mandatory for an eight!

Checking and Adjusting. The boat will usually be placed on trestles prior to being placed on the water to allow rowers to adjust their footplates and check the boat in accordance with Row Safe, section 2.3, "Boats and Blades". As a minimum (these will be checked by umpires prior to racing in events) check:

- The bow ball is secure.
- All compartment covers are securely fitted.
- Heel restraints are securely and independently attached and are no longer than 7cm (ideally 5cm) measured at right angles to the footplate.

It's a good idea to check all rigger nuts and the top-nuts on the pins. Ensure that your footplate is adjusted - please ask if you are unsure how to do this. The footplate may need to be further adjusted when on the water - do not adjust the footplate with feet in the shoes.

Please ensure that the boats are cleaned after use and that you carry and store them correctly. The boathouses are rather full of kit so please be sympathetic when moving the racks around. If you are unsure about anything, please ask.

Land Training. Members of LRC attend frequent land training events such as erg sessions, circuit and weight training. These are more frequent during the winter months when the darker evenings preclude water sessions. See the LRC calendar, FB and notice boards for details and updates.

Junior Sessions. There is a large junior membership at LRC divided into sessions, dependent on commitment and ability, at which they receive a high standard of coaching and supervision. The many successes at events over the past few years are testimony to the coaching staff at LRC. The junior water sessions rely on parent volunteers to give up some time to walk or cycle down the riverbank to provide an increased level of safety for the juniors. Volunteers are equipped with a "walkie-talkie" radio and a throw rope and given practice in the use of both.

6. Competition

Types. The more familiar type of racing seen on TV is the 'regatta'. Regattas are held during the summer, over distances between 500m and 2km with crews competing side by side from a standing start. The other type of racing is the Head of the River Race (or Head for short), held in the winter over longer distances (3km is common). These races are essentially time trials from flying starts with crews starting at intervals of 15-30 sec.

Getting Involved. Many people take up rowing, keen to train hard and compete as soon as possible; others wish to row purely recreationally and have no desire for competition. Most fall somewhere between these two extremes. If you would like to compete then make your desire known to your respective captain who will endeavour to get you crewed up and training. The club captains decide which events to target and a calendar of these events may be found on the notice board.

LRC crews enter both regattas and heads and therefore attend events throughout the year. Most events are single (usually long) days out but some events during the summer provide an opportunity for a social weekend away. All events are held under BR regulations and therefore BR "Race" membership is essential for race entry.

The Lincoln Head and Beginners' Head. LRC hosts its own events: 'The Lincoln Head' (open to British and International Rowing affiliated clubs) in March and 'The Beginners' Head' (for university novice crews) held in the autumn around Remembrance Sunday. These offer an opportunity for all LRC members to get involved, possibly compete and help to raise essential funds to meet the financial cost of running the centre. Although not a Lincoln organised event, The Boston Rowing Marathon is held on the third Sunday of September over a distance of 50km of the R. Witham between Lincoln RC and Boston RC.

BR Regulations. BR operates a points system to allow rowers to compete with those of a similar standard. When first joining British Rowing, all members begin with zero points. Competitors gain points in both rowing and sculling by competing in qualifying races; these points are totalled into a competitor's Personal Ranking Index, details of which may be found at:

<https://www.britishrowing.org/events/entering-events/rules-of-racing/>

Primary Events are open to adult newcomers to the sport who have started rowing within the last 18 months and have not yet won a qualifying event. Unfortunately few local events offer Primary events.

Masters. Rowers aged 27 or over in the calendar year of the event and banded into age categories to allow competition for rowers into their 90s!

Juniors. There are a number of junior categories (J12, J13, J14, J15, J16, J17 and J18, prefixed by W for female crew). The number represents the age competitors must be less than before the first day of September preceding the event - this roughly equates to the academic year. Sweep oar rowing is only allowed at J15 and older as there is a risk of asymmetric muscle development.

Race Entries and Fees. Crew entries are submitted centrally by the LRC captains using the British Rowing Online Entry system (BROE2). All events charge an entry fee, usually per seat/person. LRC operates a race fund and all members of a boat crew must have sufficient money in the fund to cover the cost of their seat prior to the entry being submitted. This has been found to be the fairest method - so... **no pay, no race.**

Boat Loading. Generally boats are loaded onto the trailer the day before an event. If you are competing you will be expected to help out. You will quickly learn the skills of de-rigging boats and securing the boats onto the trailer. If you are standing around without a job then please ask - it's the best way to learn.

LRC charges a trailering fee of £5 per person (subject to periodic review) to cover fuel and vehicle/trailer running costs.

Obviously the boats will need to be unloaded at LRC at the end of the day. Times for loading and unloading are usually posted on FB.

Attending an event Getting to an event is the competitors responsibility, so self drive or grab a lift. Arrive in good time so you can rig your boat and prepare for the race. When not racing you can help out by carrying boats, blades and other kit and assisting other crews onto the water.

Lincoln has an excellent reputation at local events for the support it provides to its competing crews. We maintain this by asking our members, where possible, to make a day of rowing events and show support for all the Lincoln rowers competing. We are also notorious for being the loudest club in the midlands!!

7. Lincoln Rowing Centre Committee 2019/20

LRC has an enthusiastic and active committee that runs the club for the benefit and enjoyment of its members. Committee meetings are held every month. The AGM is held during the first quarter of the year giving you the opportunity to hear reports from committee members, discuss club business and have your say regarding the running of LRC. New committee members may be elected at the AGM. More details may be found in the LRC constitution, a copy of which is found on the notice board.

President

Paddy Ibbotson

Club Officers

Chairman & Director

Chris Eccles

Hon. Secretary

Sue Sockell

Hon. Treasurer, Director & Co Sec.

Bruce Margetts

Captain & Director

James Sockell

Director

Niall Cleary

Safety Advisor

TBC

Welfare Officer

Anne Eccles

Committee Members

Men's Vice Capt

Garry Speed

Women's Vice Capt

Deborah Speed

Junior Head Coach

Niall Cleary

Junior Co-ordinator

Fiona Smith

Social Sub Committee

Sue Sockell/Angela Wright/
Kirsteen Redmile

Junior Representatives

Ryan Glover, Emily Smith

Membership Sec

Chris Eccles

Non-elected Committee Members

University President/Rep

Callum Hughes

RAF Rep

Chris Eccles

Appointed, but not committee member

Auditor

TBC

Members of the committee may be contacted by email via the contacts page on the LRC website, or in person at the club.

8. Health and safety

LRC adopts the best practice detailed in the British Rowing publication, 'Row Safe: a guide to good practice in rowing', available from the BR website:

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

This document sets out the responsibilities of individuals, coaches and club in a variety of rowing related contexts and it is recommended that you read this document and heed its guidance. In addition to this the club has appointed Club Officers, Club Committee and a Club Rowing Safety Adviser (see notice board), as well as many experienced members, who are available for further advice. On a day-to-day level it is everyone's responsibility to assess the prevailing weather and water conditions for suitability for rowing; sometimes a land based training session may be more appropriate. Usually LRC tries to make an early decision to cancel a session to prevent members having a wasted journey - decisions will normally be posted on FB.

River Hazards. LRC is fortunate to have access to a relative quiet, benign stretch of the River Witham for rowing activities. There are, however, hazards to be encountered on the river and vigilance and lookout are essential at all times. Local maps with specific hazards may be found on the notice board.

Hazards include, but are not limited to:

- rowers capsizing
- floating weed, especially in summer months
- other river users - canoeists and cruisers
- wash/wake from cruisers
- lack of awareness of rules of navigation on the river
- boats on the wrong side of the river
- overhanging vegetation - there are trees and reed beds on the Witham
- the pipe on south bank at about 2.5km, marked with an upright post and buoy
- fish breeding sites between 3 & 4km marked by signposts in the river
- floating debris, bottles, logs etc
- strong winds
- fog
- ice
- water borne Weil's disease (see below)

It is everyone's responsibility to stay safe.

IF IN DOUBT, DON'T GO OUT.

If you see a hazard call it to other river users.

Weil's Disease (Leptospirosis) is an acute bacterial infection spread through infected animal urine carried in the water. Whilst rats are well known for spreading Weil's disease, it is also carried by larger animals such as cows and pigs that have the bacteria present in their kidneys. Symptoms are similar to a cold and if they continue for more than a couple of days, or escalate to flu-like symptoms, you must visit your doctor or A&E as soon as possible and make it clear you spend a lot of time on and in open water. More information about Weil's disease is available from <http://www.leptospirosis.org>. According to British Rowing the chance of contracting the disease is 'very small', and

there have been no cases recorded at the club. However, the death in 2010 of Olympic rower, Andy Holmes, from the disease has highlighted the need for a few simple precautions to be taken when rowing. It is important that open wounds and abrasions should be covered before going onto the water. If a wound occurs while on the water it should be cleaned and dressed at the clubhouse, where soap and water, anti-bacterial wipes and a first-aid kit are kept. Whilst on the water avoid splashing and swallowing, but if you capsize you are advised to shower as soon as possible. The club does not have an appointed First Aid Officer, however coaches do undergo basic First Aid training as part of their coaching course and members are asked to listen to the advice of the coaches or helpers and act responsibly in this matter.

9. Safeguarding and Child Protection

All rowing clubs and associated individuals are required to follow the Child Protection Policies outlined by British Rowing 'Safeguarding and Protecting Children Policy' <http://www.britishrowing.org/safeguarding>.

This document sets out the procedures that are to be followed to protect children in rowing, and details what should be done if any concerns arise. The Club Committee appoints and is advised by a Club Welfare Officer (CWO), who is a senior member of the club - details on the notice board.

As a club with a junior section, some members are required to apply for a Disclosure and Barring Service (DBS) check (formally known as CRB check), which is organised through British Rowing. This includes anyone who has frequent regular contact with the juniors, such as coaches and parent helpers. Contact CWO if this is required. It is a free service for BR members; otherwise a small charge is levied.

10. Glossary of Terms

Back down. Term used to describe using a reverse rowing action to manoeuvre the boat backwards or for turning.

Backstops. The stop on the end of the slide nearest the *bow* that prevents the seat from running off the *slide*. Also used to describe the position at which the athlete sits with their legs straight, *blade* handles to their chest and spoons square in the water.

Blade. An *oar*.

Bow. End of the boat that travels through the water first. Also the athlete that sits in the seat position nearest this end of the boat.

Bow Ball. Ball shaped safety cap that sits over the bow end of the boat. Compulsory on all rowing boats for safety of other water users.

Bow Side. The right hand (starboard) side of the boat as the *cox* sits or the left hand side of the boat for a rower. Often marked by a green stripe on the oar.

Burst. A small number of strokes (usually less than a minute) taken at full pressure in training.

Button. The plastic circular section of the oar that is pressed against the *swivel* when rowing.

Cleaver. Type of blade that has a *spoon* in the shape of a meat cleaver.

Collar. Plastic sleeve fixed to the *oar* that the *button* circles. *Button* can be moved along the *collar* to adjust *blade* gearing.

Cox. Person who steers the boat by means of strings or wires attached to the *rudder*. Can be positioned in either the *stern* or *bow* of the boat.

Coxless. Boat without a *cox*.

Crab. When the *oar* becomes caught in the water at the moment of *extraction* and the blade handle strikes the athlete. Often causes unintentional release of the blade and significant slowing of boat speed.

Double. Boat for two *scullers*.

Eight. Boat for eight *sweep* rowers. Will always have a *cox*.

Ergo. Indoor rowing machine used for training.

Extraction. The removal of the blade from the water by application of downward pressure to the blade handle. In sweep this is done with the outside hand on the blade

handle. Movement easiest when force is maintained on the spoon of the blade until the last moment.

Feather. *Blade spoon* is flat to the water. This is the position of the blade spoon for the recovery section of the stroke. Athletes must be careful to fully extract the blade before feathering.

Fin. A piece of metal or plastic attached to the underside of the boat towards the *stern*. Provides directional stability by preventing sideways slippage.

Finish. The last part of the stroke where the *blade* handle is drawn in to the body. Following this (assuming clean *extraction*) the boat will be at its maximum speed. Force must be applied to the *spoon* right to the finish so that water does not catch up with the *spoon*.

Four. Boat for four *sweep* rowers. Can be coxed or coxless.

Frontstop. The cap on the end of the slide nearest the *stern* that prevents the seat from running off the *slide*. Also used to describe the position at which the athlete sits with shins upright and the blade *spoon* at the closest point to the bow.

Gate. The metal bar, tightened by a screw that closes over the *swivel* to secure oar.

Head Race. Race in which crews are timed over a set distance. Usually run as a processional race rather than side by side.

Lateral pitch. The outward angle of inclination of the *pin* to the vertical.

Length. - Length of stroke- the arc through which the blade turns when it is in the water from *catch* to *extraction*.

Loom. The shaft of the blade from the *spoon* to the handle.

Novice. Term used to describe someone who has very little rowing experience.

Oar. Lever used to propel a rowing boat. Also known as a *blade*.

Pair. Boat for two *sweep* rowers. Can be coxed or coxless.

Pin. The spindle on which the *swivel* rotates.

Port. The left hand side of the boat when facing the bow, i.e. the *cox's* left. The right hand side of the boat for the rower. Often marked by a red stripe on the oar. Also known as *stroke side*.

Power phase. The part of the stroke between the *catch* and *extraction* when the blade is in the water and propelling the boat.

Quad. Boat for four scullers. Can be coxed or coxless.

Rate. Or rating. Number of strokes rowed in a minute.

Ratio. The ratio of the time taken for the *power phase* to that of the *recovery phase* of the stroke. Ideally time taken for the *recovery* will be about three times that of the *power phase*. 1:3

Recovery. The part of the stroke phase between the *extraction* and the *catch* when the blade is out of the water.

Regatta. A competition in which boats compete side by side from a *standing start*. Events for different boat types and *status* athletes usually involving heats, semi finals and finals for each event.

Riggers. Metal outriggers attached to the outer shell of the boat next to each seat, incorporating the *swivel* and the *pin*, which support the blades.

Rigging. The way in which the *riggers*, *slides*, *swivel*, *pins*, *footplate*, *oars* and *sculls* can be adjusted to optimise athlete comfort and efficiency.

Rigger jigger. A small spanner used for attaching and adjusting *riggers*.

Rudder. The device under the boat which when moved causes change of direction. Linked to the *cox* or a crew member by strings or wires.

Saxboard. The strengthened sides of the boat above the water line to which the *riggers* are attached.

Sculling. Rowing with two *oars*.

Slide. Two metal runners on which the seat travels.

Spoon. The end of the oar that enters the water. Frequently painted in club colours.

Square or squaring. To turn the oar so that the *spoon* is at 90 degrees to the water. This action should be done early during the *recovery* to ensure good preparation for the *catch*.

Stakeboat. An anchored boat or pontoon to which rowing boats are held prior to a regatta start.

Starboard. The right hand side of the boat when facing the bow, i.e. the *cox's* right. The left hand side of the boat for the rower. Often marked by a green stripe on the oar. Also known as *bow side*.

Stern. The end of the boat that travels through the water last.

Stroke. 1. One cycle of the *oar*. 2. The rower who sits closest to the *stern* of the boat in front of all the others and is responsible for the *rating* and *rhythm* of the boat. (other crew members can influence rating and rhythm from behind)

Stroke side. The left hand (port) side of the boat as the *cox* sits or the right hand side of the boat for a rower. Often marked by a red stripe on the oar.

Sweep. Rowing with one oar per athlete.

Swivel. The U shaped plastic rotating piece mounted on the *pin* in which the oar sits whilst rowing.

Tap down. To lower the hands at the end of the stroke to extract the *spoon* from the water.

Trestles. Portable stands used to support a boat for *rigging*, washing, admiring etc.