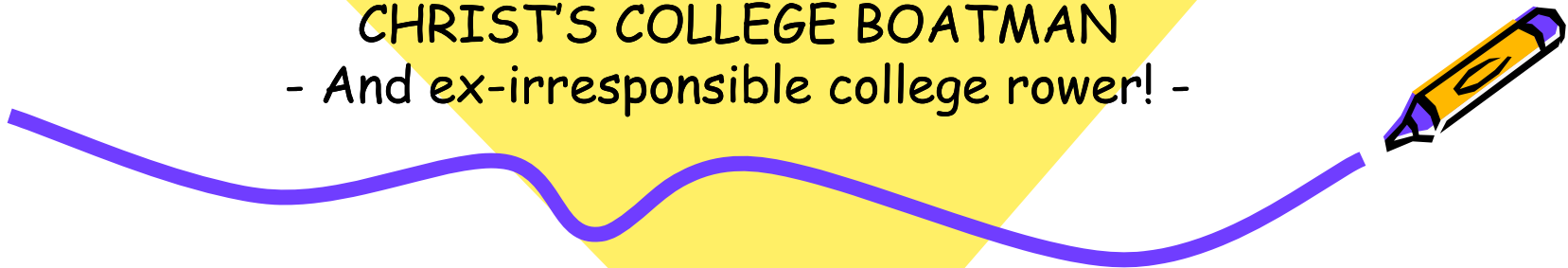


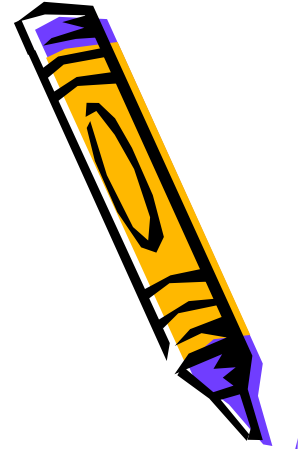


EQUIPMENT CHECKS

KAT ASTLEY
CHRIST'S COLLEGE BOATMAN
- And ex-irresponsible college rower! -



IS EQUIPMENT YOUR PROBLEM?



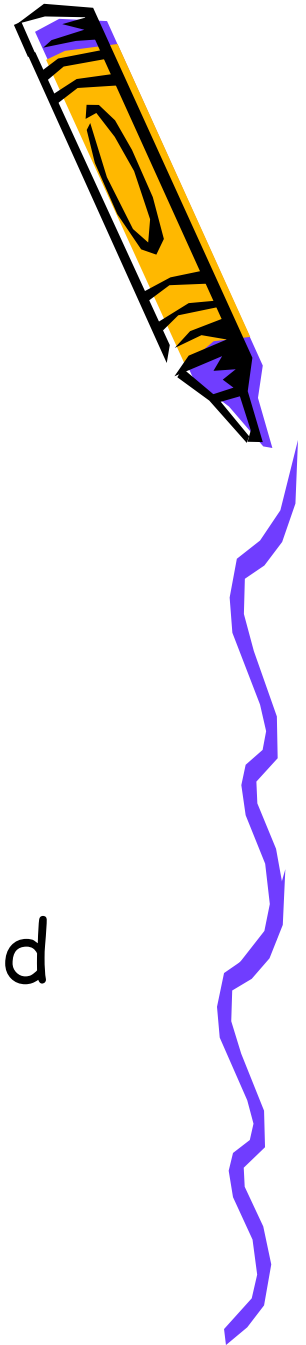
Yes! ARA states clearly:

"Coaches are not only concerned with coaching crews; they have an underlying responsibility for crew safety whilst in their charge"



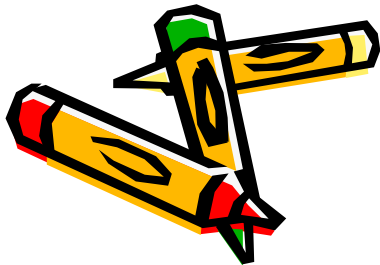
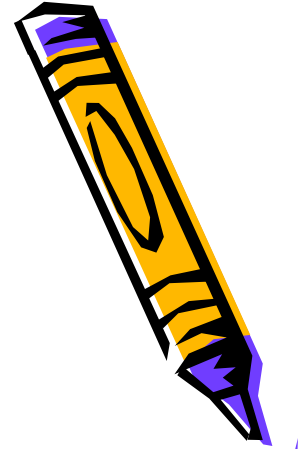
TRAINS, PLANES & AUTOMOBILES...

- ... and boats!
- Think of a boat as a vehicle: would you drive - or teach your friend to drive - if you thought the car would fail its MOT or had a loose wheel?



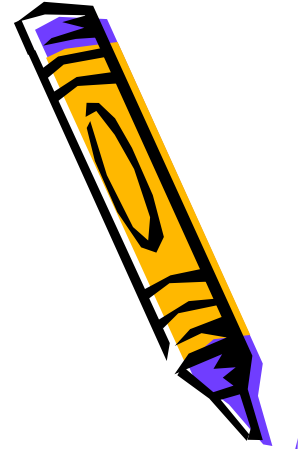
TRAINING DISASTERS...

- Generally not the end of the world but
 - make crew late to lectures
 - make non-rowers cold
 - decrease rowing enjoyment
- Do pre-outing checks to ensure nothing disrupts your outing!



RACING DISASTERS...

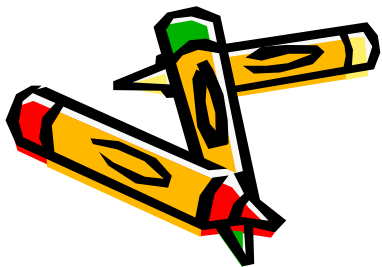
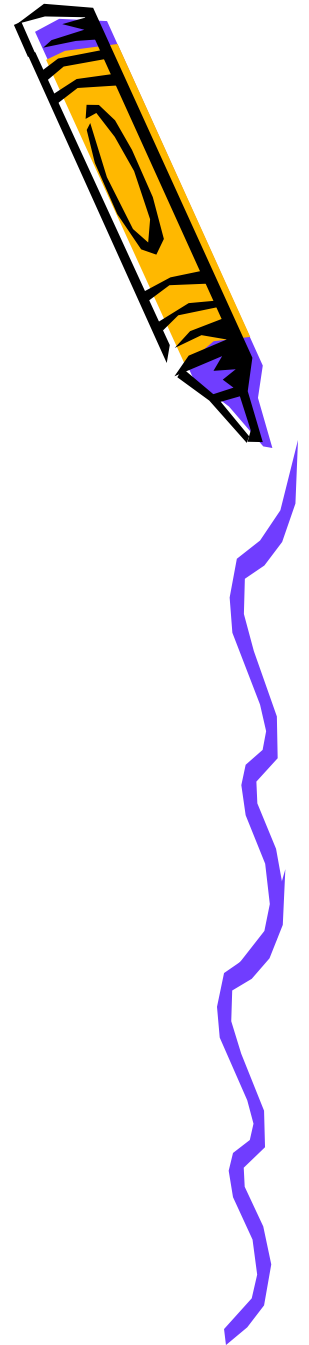
- Are exactly that. Complete disaster.
- Get into habit of making crew check equipment



WHAT'S MISSING CURRENTLY?

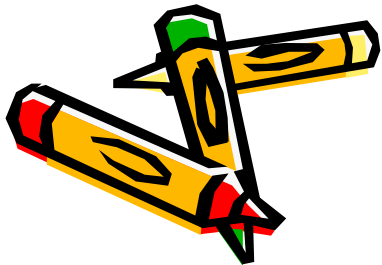
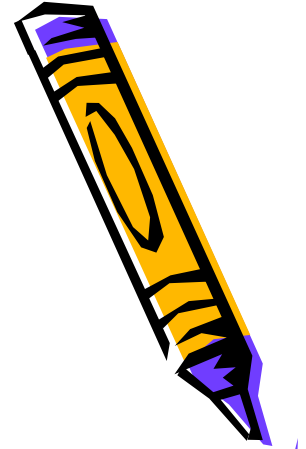
TIME

To teach novices the basics
To wash boats down thoroughly
To take an interest



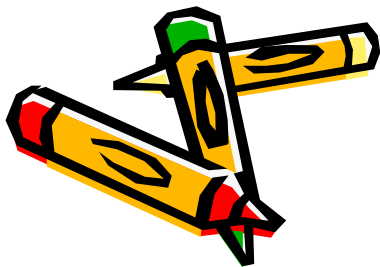
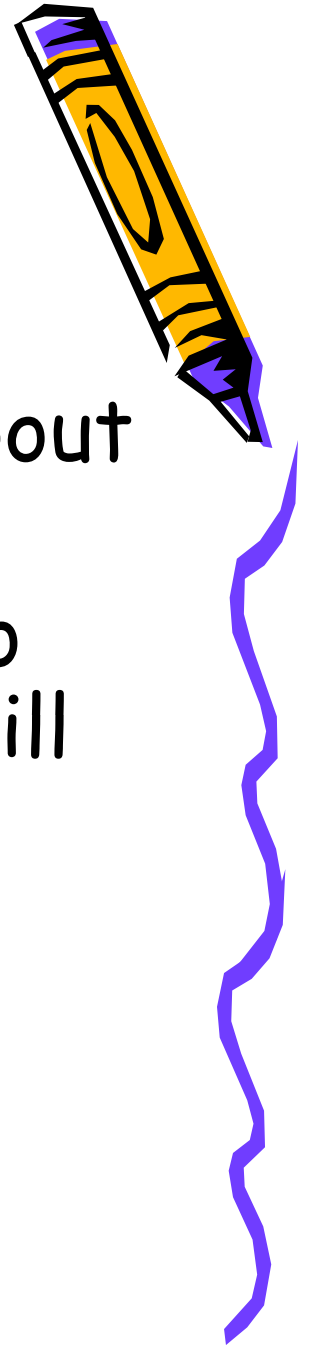
RESULT?

- Crews try to adjust their equipment, do it wrongly and things break or come loose
- Crews know so little they do not look for or notice breakages



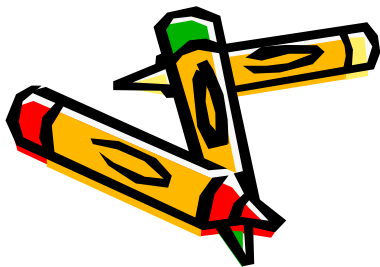
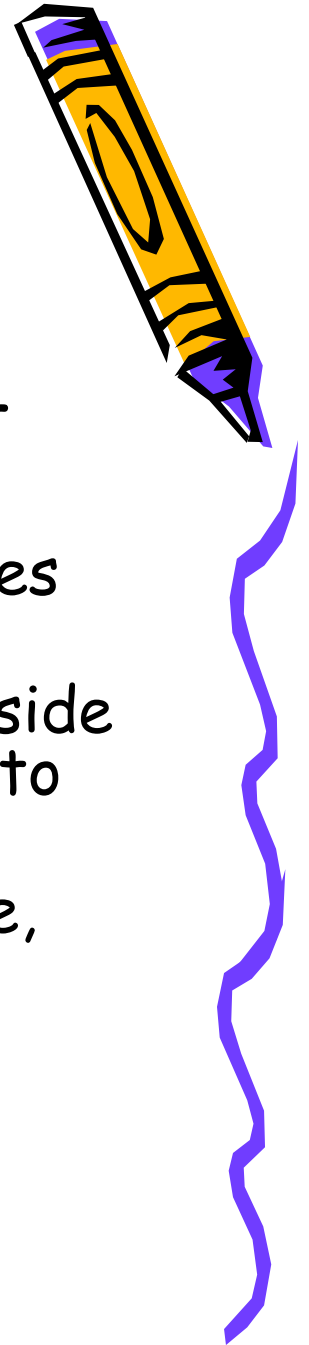
IDEAS:

- Set aside time to teach novices about equipment: devolve responsibility
- Ensure you teach them what *not* to fiddle with too, or your boatman will go nuts!
- If insufficient time, consider a workshop for your coxes at least...



BACK TO YOU...

- By teaching crews that you coach about equipment you
 - Enable them to self-help in race emergencies (e.g. seat comes off)
 - Give them wider interest in the sport - outside Oxbridge rowing all clubs expect members to have this knowledge
 - Encourage good life skills: to be responsible, proactive not reactive, to own up when something's been trashed(!), self-reliance



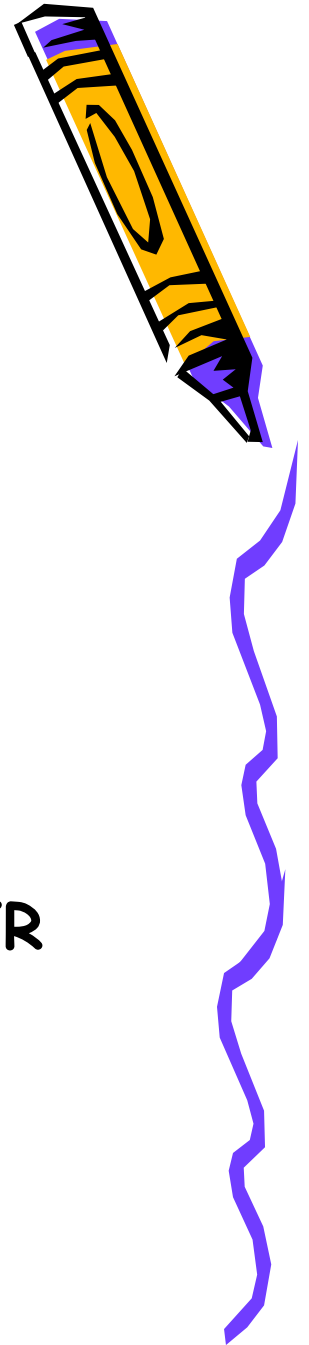
IN THE MEANTIME...

- Crews you coach may know nothing
- Therefore conduct a quick check yourself. Ask the cox to do the same
- Address any issues arising (evaluate if outing can go ahead)
- Inform appropriate person of faults



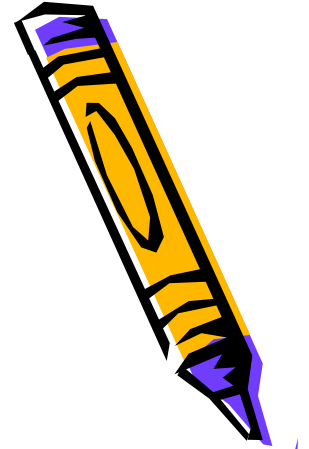
WHAT'S ON MY QUICK CHECK?

- 8 areas to observe:
- HULL
- HATCHES
- BOWBALL
- RIGGERS / GATES
- SEATS
- HEEL RESTRAINTS / SHOES / STRETCHER
- STEERING
- OARS



WHAT'S COMING UP?

- Breakdown of 8 equipment areas; common faults & problems
- For each equipment area, a review of action to take



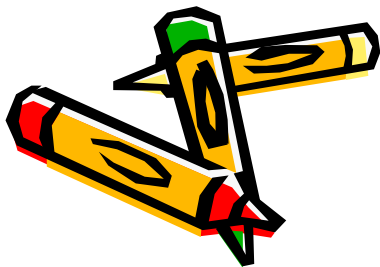
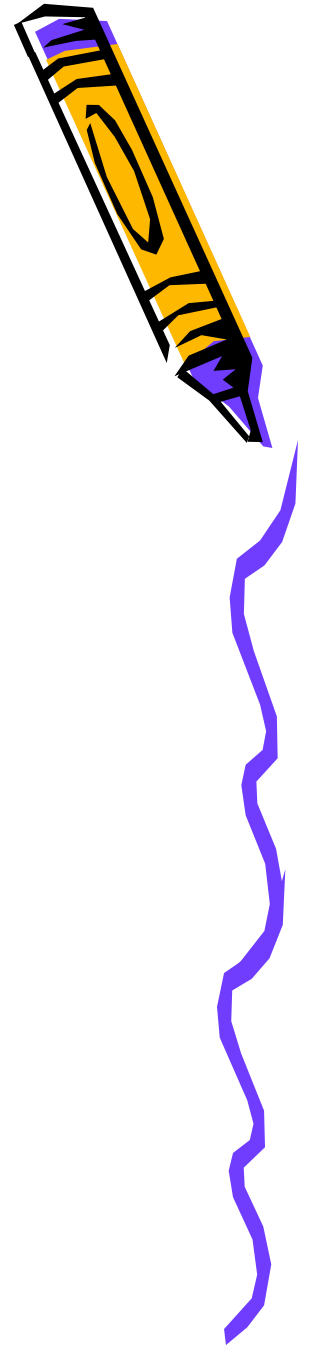
HULL PROBLEMS

- **Externally**

- Gel coat flakes off; area extends unless repaired. Occurs from impact with debris
- Holes, from riggers above or debris. Honeycomb gets waterlogged

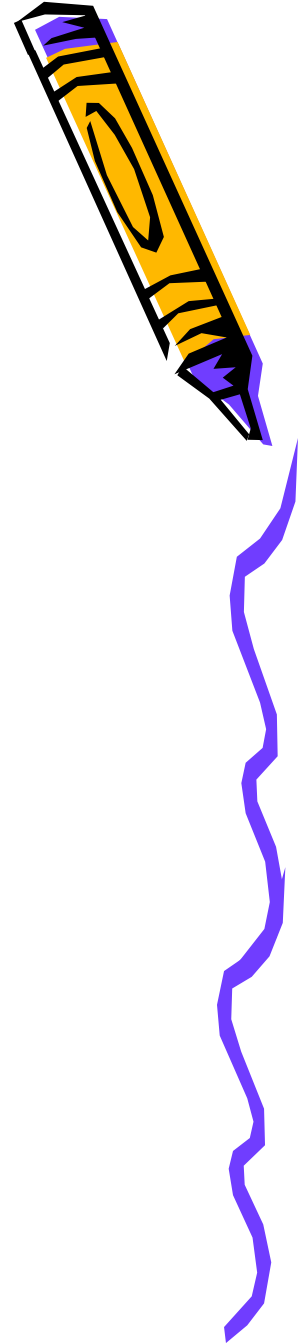
- **Internally**

- Decking cracks, structural collapse
- Wooden areas rot & delaminate; footplate track screws pull out



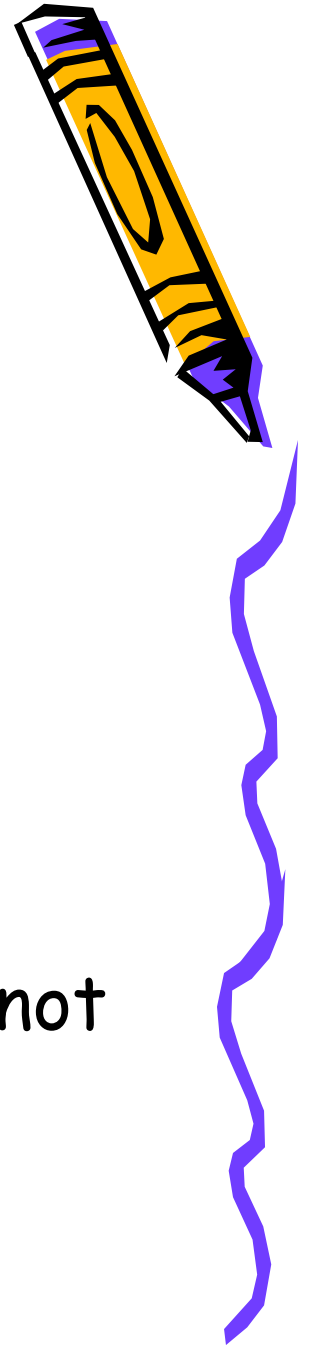
HULL DAMAGE ACTION

- Teach:
 - Coxes to avoid debris
 - Where to step
 - Problem of handle getting jammed through saxboard
- Check hull when wiping boat down
- Tape holes as temporary measure



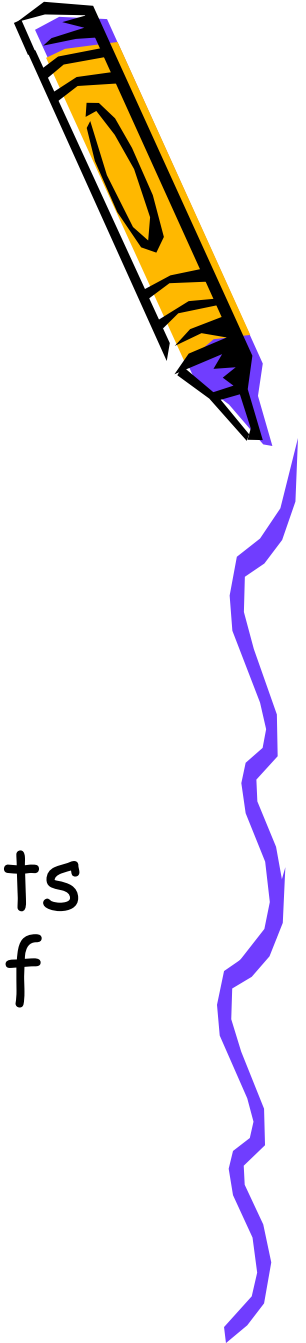
HATCH PROBLEMS

- Why care?
 - Hatches maintain flotation chambers
 - ARA requirement for safety
 - Must be secure and attached
 - So seats don't catch on them
- Problems: cracked, missing altogether, not fully tightened



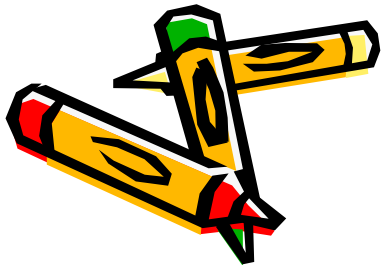
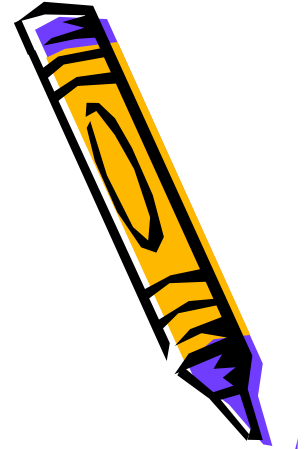
HATCH ACTION

- Cracked? - report to boatman
- Missing? - quarantine boat
- Loose? - tighten!
- Not attached? - that's why students should have a toolbox: do easy stuff yourselves & get involved!



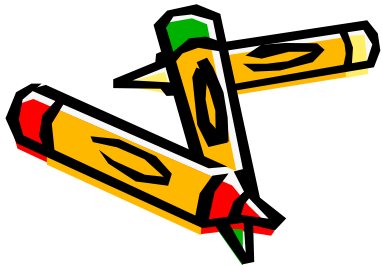
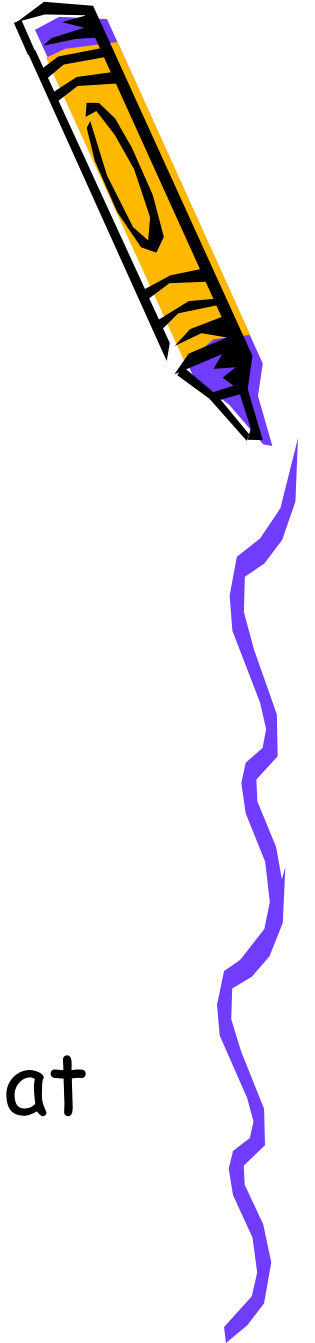
BOWBALL PROBLEMS

- Insecurely attached e.g. purely by sticky-tape power...
- Missing
- Still screwed & taped but ripped nearly off



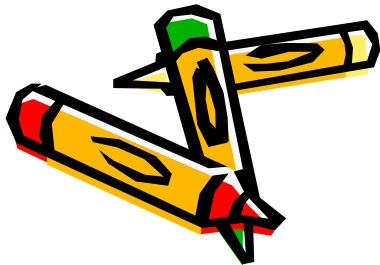
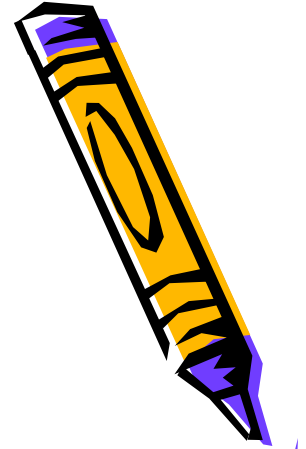
BOWBALL ACTION

- Don't just wrap more sticky tape round it! Screw on or quarantine
- Missing? - quarantine boat
- Nearly ripped off? - quarantine boat



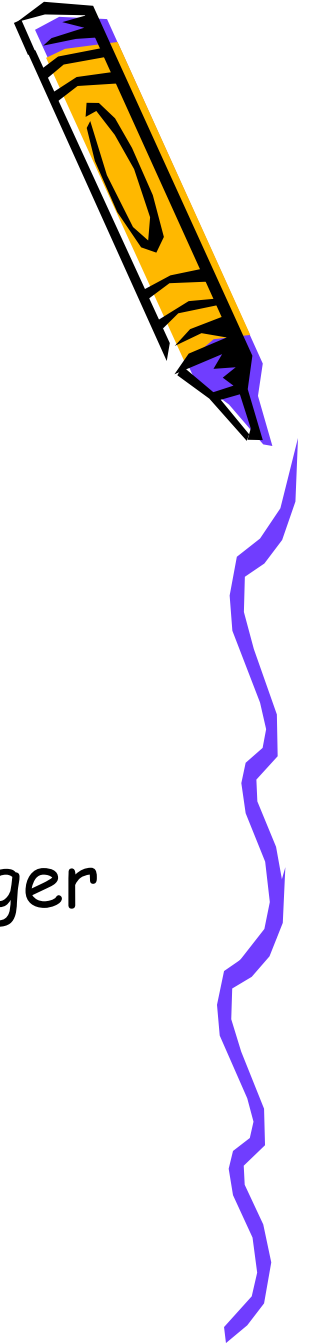
RIGGER & GATE PROBLEMS

- **Rigger:** welds broken, missing bolts, bolt plate about to pull through shoulder, frame bent
- **Gate:** worn, missing spacers, not free-moving, rattling/noisy, pitches out



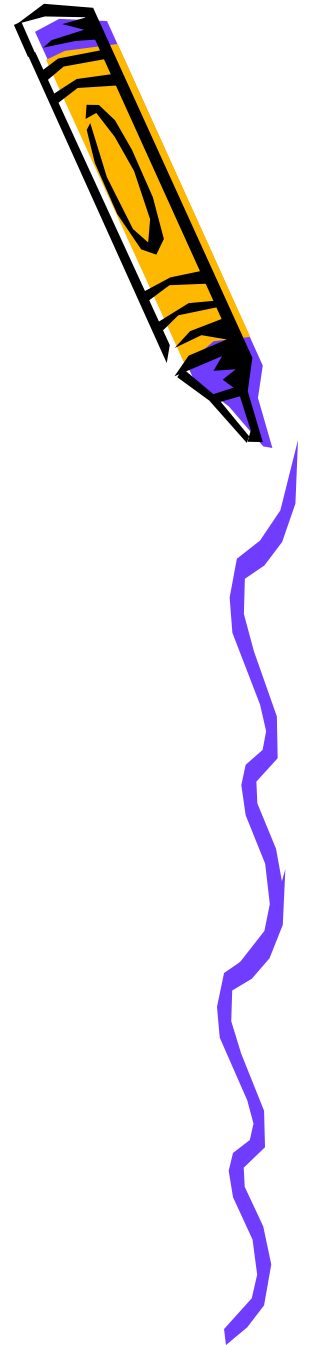
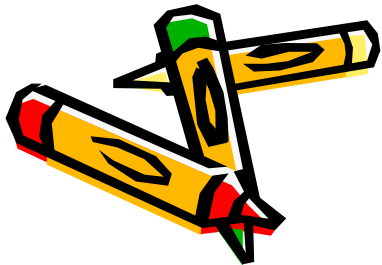
RIGGERS & GATES ACTION

- Top nut & fastening nuts tight; spring washers present on older boats
- Inform boatman if regular loosening of bolts, wear on gates etc
- Gate breaks - outing cancelled
- Rigger bent: consider if pitch out & rigger unrowable



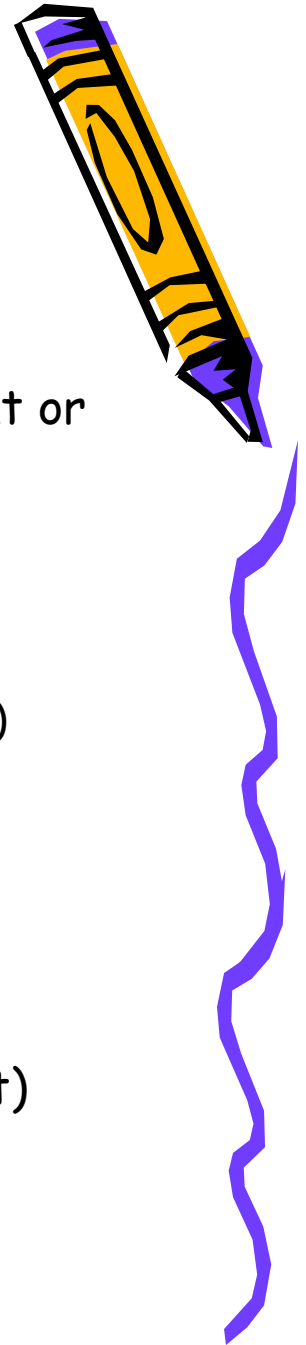
SEAT PROBLEMS

- Comes off slides often
- Sticks
- No rating...



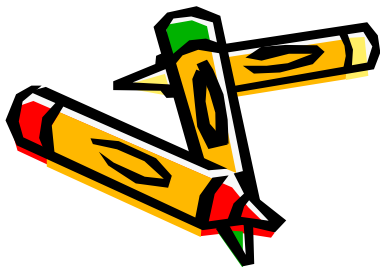
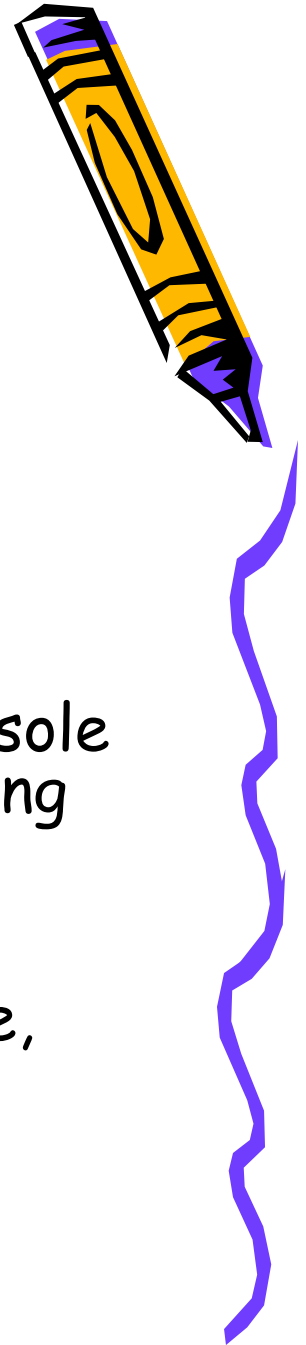
SEAT ACTION

- Try giving seat to someone else, see if the problem is the seat or the rower!
- Comes off slides:
 - More slide control!
 - Missing stop ends: tape as temporary measure
 - Adjust slide position to not hit frontstops/backstops
 - If seat comes off laterally, report to boatman (chassis worn out)
- Sticks:
 - Rower getting holding knees down too long?
 - Slides need cleaning / are worn out
 - Wheels worn out / dirty / not turning
 - Clothes caught under wheels?
 - Chassis worn out?
- No rating? - Missing magnet! (Or distance to sensor incorrect)



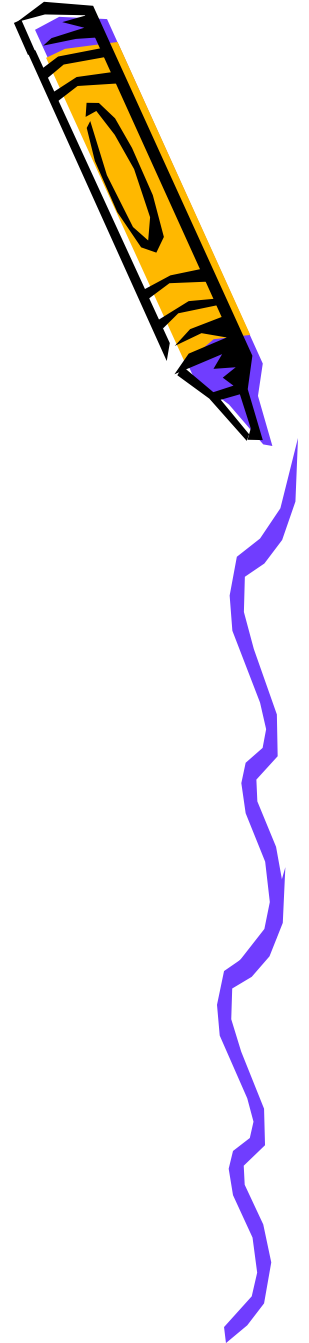
FOOT PROBLEMS

- **Heel restraints**
 - Missing, too loose, shoes not individually restrained, frayed, 1 end insecure
- **Shoes**
 - Screws loose, fabric separating from sole, sole cracked, velcro not working, no release string
- **Stretcher**
 - Welds broken, angle footplate wrong, bolts missing, won't secure & slips under pressure, got nuts instead of wingnuts



FOOT ACTIONS

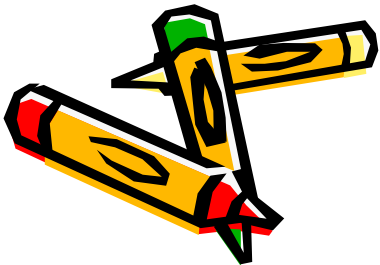
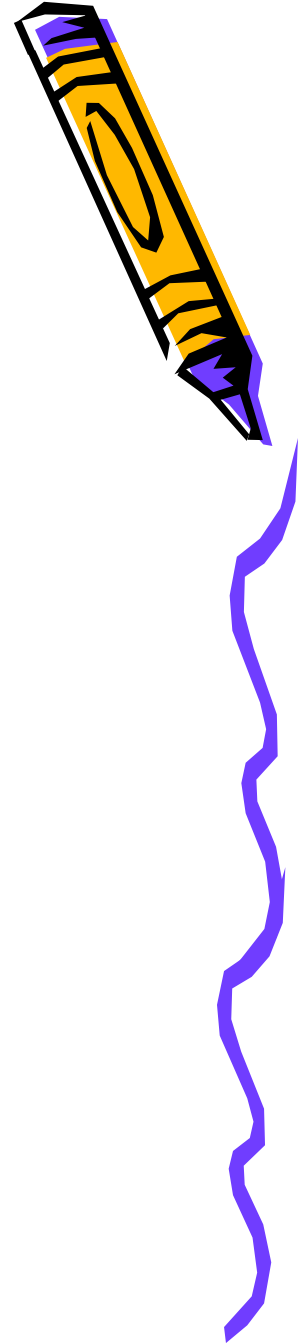
- Heel restraints
 - Do not boat without restraints
 - Must secure each shoe singly
 - Heel must not rise above toe
 - If you can't fix it, report it



FOOT ACTIONS

- Shoes

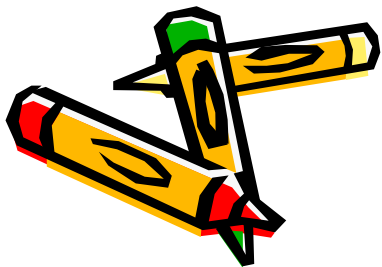
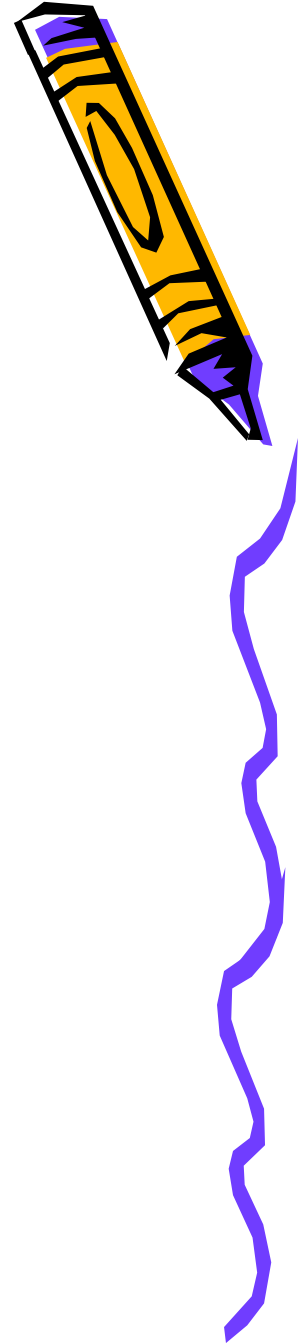
- Tighten loose screws & bolts; if repeatedly loose, report to be glued
- Fabric separating? - Tape & report
- Not able to release feet? - Add string, or quarantine



FOOT PROBLEMS

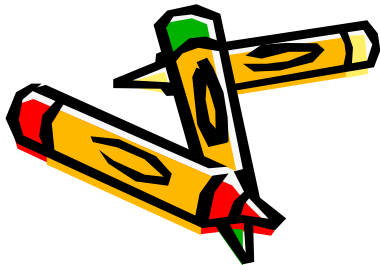
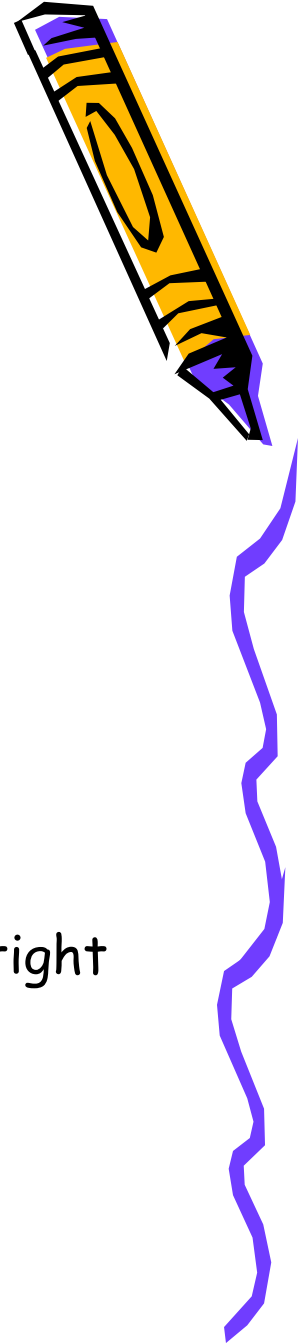
- **Stretcher**

- Angle footplate wrong, bolts missing or not wingnuts? - Fix or report
- Weld broken? - Report
- Slips? - Report; tube inserts worn out



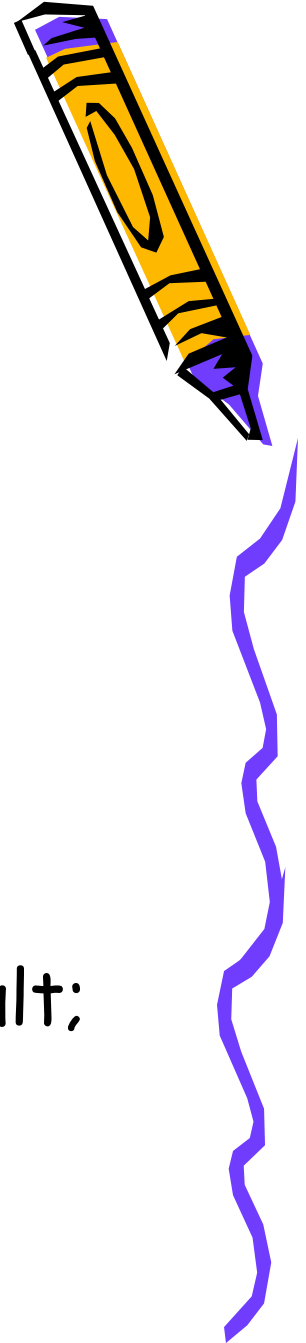
STEERING PROBLEMS

- **Rudder lines**
 - Handles not fixed
 - Pulley wheels worn; gradually cuts through wire
 - Sleeve worn away; metal line inside rusting
 - Chocolate boxes loose
- **Rudder & Fin**
 - Operates evenly left to right; rudder column bolts tight
 - Whole & straight!
 - Fin securely attached



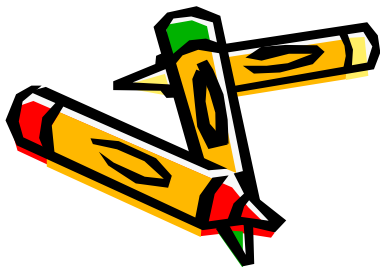
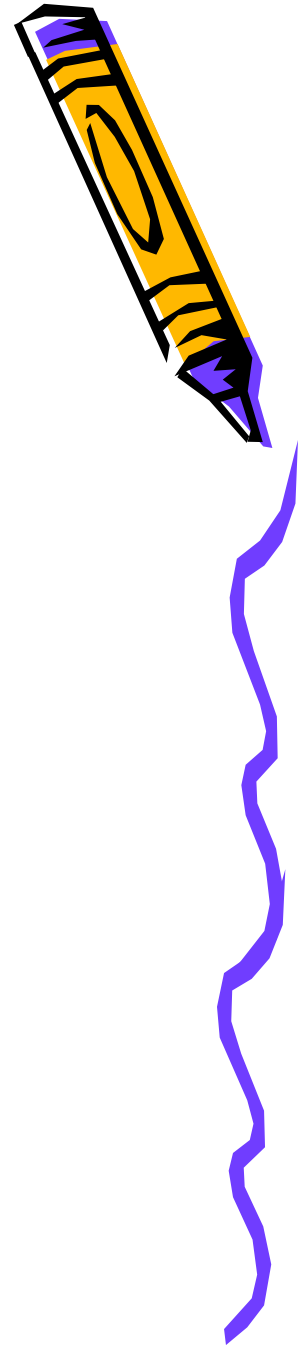
STEERING ACTIONS

- **Rudder lines**
 - Fit chocolate boxes as required
 - Report worn parts
- **Rudder & Fin**
 - My advice would be to report the fault; don't make it worse!



OAR PROBLEMS

- **Spoon**
 - Layers splitting, chunks missing
- **Loom**
 - Holes, cracked, splintered
- **Button, collar & wear plate**
 - Missing wear plate; no lock against gate as result
 - Button loose; gearing may slip
 - Button thin; liable to snap
 - Collar worn; gearing may slip
- **Handle**
 - Loose



OAR ACTIONS

- **Spoon**
 - Report damage, unlikely to prevent outing
- **Loom**
 - Ditto, but only in short term. Bad cracks: quarantine oar
- **Button, collar & wear plate**
 - Tighten and reset to match others in set; report
 - Button & collar worn? - report
- **Handle**
 - Tighten & repair if possible, or report





As you can see,
prevention is better
than cure: most
faults are not
instantly fixable...



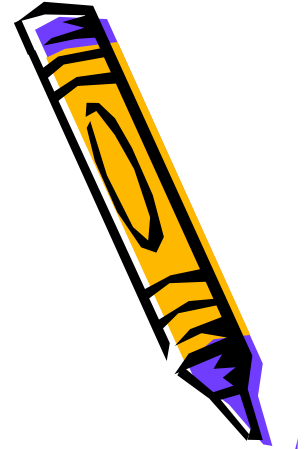
AND SOME THINGS ARE BEST LEFT...!

- Generally your boatman will be happy if you do *not* mess with:
 - Rigging: heights & pitches, & Gearing
 - Wheels
 - Bowballs
 - Wiring
 - Hull damage



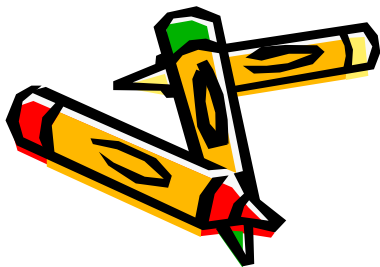
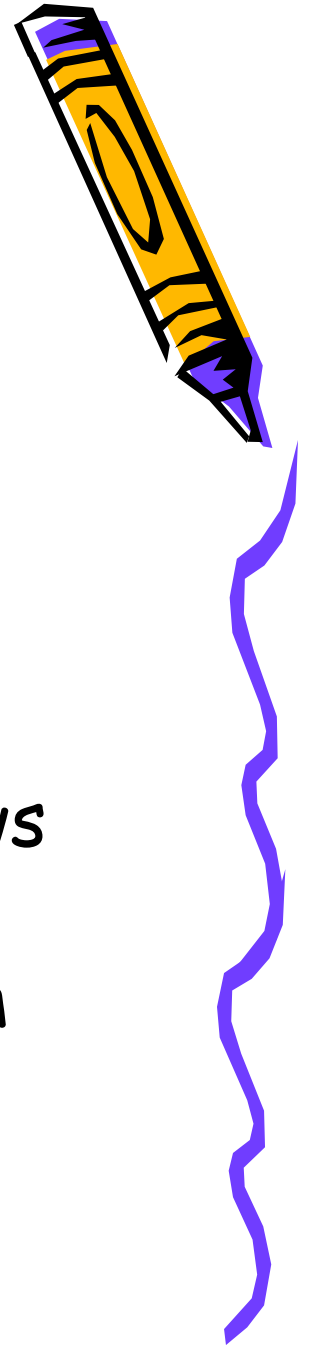
TOOLS FOR THE JOB:

- You as a coach may wish to carry a toolkit
- Your club may wish to provide a basic toolkit for students to use at the boathouse (i.e. not your boatman's tools!)
- Encourage your coxes to have a toolkit



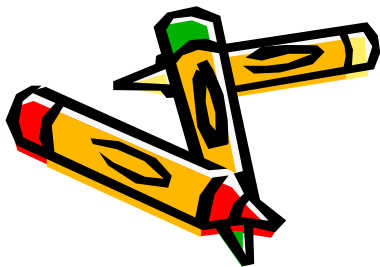
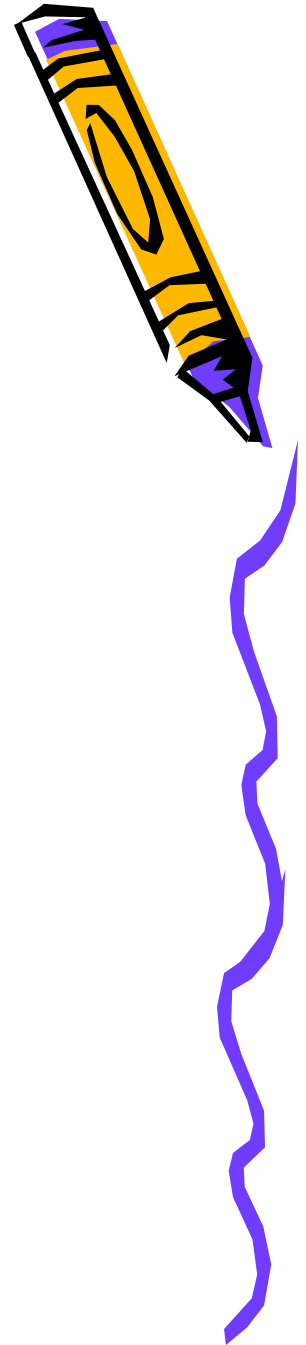
WHAT'S IN MY HANDBAG?

- 10mm & 13mm spanners*
- Adjustable spanner
- Flat head & Phillips screwdrivers (small)*
- Spare gate
- Electrical tape*
- String
- Safety pins
- Chocolate box
- Rudder wire
- Bowball & screws
- Spare top nut, spacers & 10mm nuts



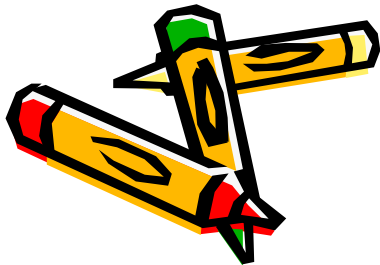
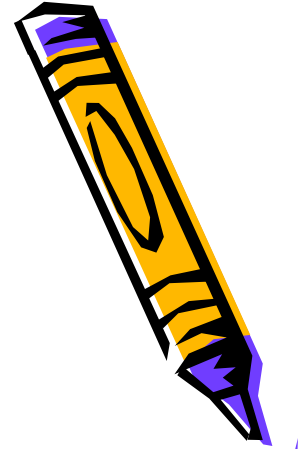
WHEN SHOULD I TAKE EXTRA CARE?

- Pre-race (obviously!)
- Post-race (give your boatman more than 30secs to fix things!)
- Post re-rigging when travelling
- After the boat's been in the workshop for attention
- After another crew has used that boat



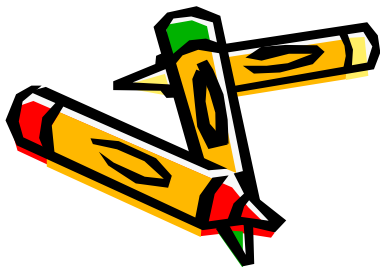
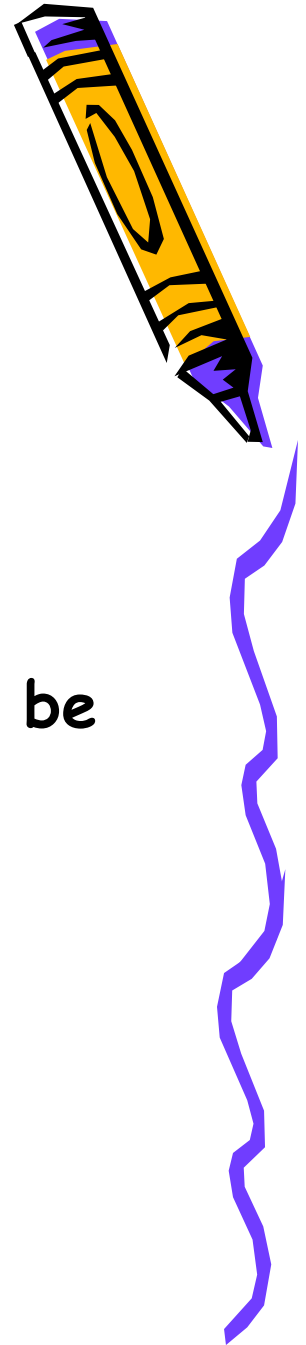
BE REALISTIC:

- Your boatman is *only* there to repair and adjust boats
- Coaches must understand & teach about the equipment, & *supervise* crews' equipment monitoring



THE BOTTOM LINE

- Boatmen and coaches cannot be expected to check everything before an outing
- So we have to empower individual rowers to be responsible. That's where your key responsibility lies
- With 9 people checking, and the coach supervising, the job can be done





ANY

QUESTIONS?

- Discussion -

