



**Level 1 Coxing
Practical Assessment**

Date:	
Time:	
Location:	
Gig:	
Supervising Cox:	
Trainee Cox:	
Crew:	

Part A - Theory

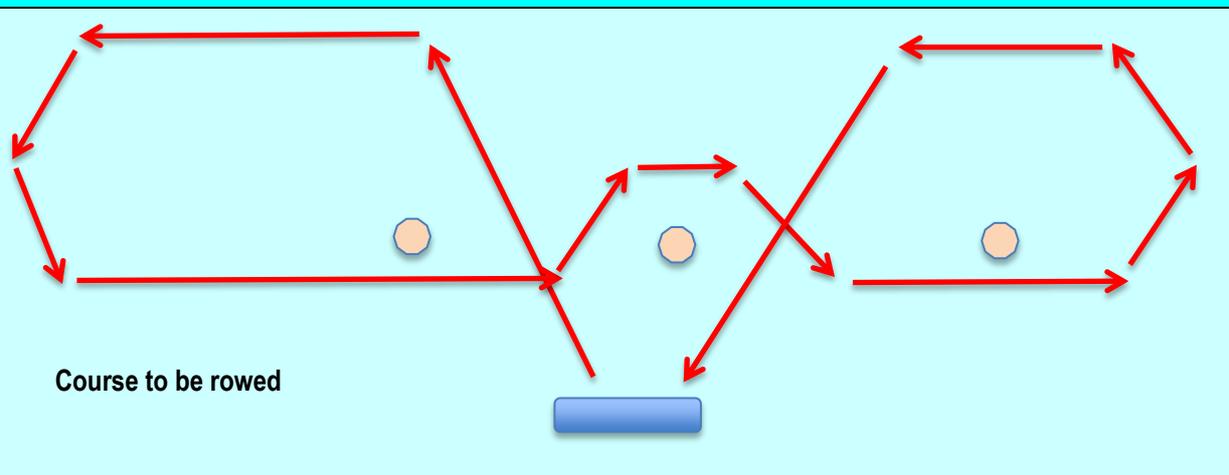
Prior to commencing a rowing session demonstrates an understanding of safety issues, is able to identify potential risks and mitigating actions and shows familiarity with a the parts of a gig

A1	General	
1.1	Understands the importance and responsibilities of the cox's role	
A2	Equipment and safety clothing	
2.1	Correctly identifies and name of the main parts of the gig	
2.1	Names seat positions and groups within a crew, e.g. bow, stroke, bow-side, stroke-side, bow pair, stroke pair, power pair,	
2.3	Correctly identifies port and starboard	
2.4	Explains the appropriate action where equipment is found to be damaged, including alerting the appropriate individual	
A3	Safety Theory	
3.1	Identifies local hazards on and off the water	
3.2	Suggests combinations of risk factors that might make it inappropriate to go on the water	
3.3	Explains local regulations and circulation patterns, and audible and visual signals given by others with whom the water is shared	
3.4	Explains what actions they should take before visiting unfamiliar water	
3.5	Recognises and respects the rights and needs of other water users.	
3.6	Is able to explain the correct action to avoid annoyance, interference, or potential collisions	
3.7	Specifies changes to circumstances, e.g. crew, conditions, equipment etc. that could cause an outing to be cancelled or terminated	
3.8	Specifies the correct action to take in the event of incidents including emergency stops, man over-board, collision avoidance and hypothermia, at specified locations on our local water.	

Part B - Practical Assessment

Demonstrates a satisfactory level of competence in leading a rowing session by completing a course that should include the following elements:

1. Launching
2. Coxing a straight line course
3. Turning around
4. Backing down in a straight line
5. Backing towards a fixed point or object; e.g. a buoy slalom using the rudder
6. Slalom using the oars only to steer
7. Steering only when the blades are in the water
8. Bringing into a specific point for landing



B1	General	
1.1	Maintains the safety of the crew, themselves and others	
1.2	Enthuses, encourages and motivates their crew.	
1.3	Is a positive influence on crewmembers during training sessions, through their planning, behaviours and communication.	
1.4	Earns the respect and trust of the crew by demonstrating consistently good standards of coxing/steering	
B2	Equipment and Clothing	
2.1	Checks the equipment to be used meets the requirements outlined in the safety guidance of the club	
2.2	Checks the boat is equipped with appropriate equipment for the session, e.g. pins, safety equipment, life jackets etc.	
2.3	Wears appropriate clothing for the conditions and is aware of inappropriate clothing	
2.4	Checks that the crew members are wearing [or have with them] appropriate clothing and drink bottles	

2.5	Checks their buoyancy aid/lifejacket. Wears and fastens correctly their buoyancy air or lifejacket and knows how to inflate [where appropriate]	
B3	Safety	
3.1	Contributes to pre-session risk assessment and risk management with the coach / senior cox	
3.2	Obeys local traffic regulations when coxing and avoids hazards	
3.3	Maintains a good lookout and awareness of stationary obstacles to avoid crashing	
3.4	Maintains a good lookout and awareness of other crews ahead and behind to avoid collision	
3.5	Maintains an awareness of other water users at all times	
3.6	Continually monitors and assesses conditions in order to maintain the safety of the crew, themselves and others	
B4	Lifting, launching and landing	
4.1	Commands safe manoeuvring of the gig from the boat storage area, e.g. where to stand, directional guidance	
4.2	Commands the safe movement of the gig onto the launching slipway.	
4.3	Specifies the reasons for boating and landing in the correct direction	
4.4	Commands the safe launching of a gig	
4.5	Follows the plan for the rowing session including appropriate warm-ups and cool-downs	
4.6	Commands the crew to enter and exit the gig in a safe and orderly manner	
4.7	Steers the gig safely into the landing point	
4.8	Supervises the safe lifting of the gig from the water onto the launching trollies and manoeuvring the gig back to the boat store	
4.9	Supervises the checking, cleaning and putting away of the equipment	
B5	Steering manoeuvring and commands	
5.1	Takes responsibility for the position of the crew in the water	
5.2	Maintains a correct course during the session	
5.3	Steers the boat mainly using the rudder when the blades are in the water	
5.4	Manoeuvres the boat safely by commanding different members of the crew to row	
5.5	Assists the steering using increased rowing pressure on one side	
5.6	Commands spinning the gig in different directions safely and in an appropriate area	
5.7	Explains how to use the stream, wind and tide to assist spinning the gig	
5.8	Commands backing the gig down	
5.9	Commands an emergency stop	
5.10	Give commands in an appropriate manner to control starting and stopping, changes of rate and pressure and training drills	
5.11	Steers the gig safely into the landing area	

Coxing



**BRIDPORT GIG
ROWING CLUB**

B6	Rowing Technique	
6.1	Is able to identify common faults in rowing such as poor timing, rushing, incorrect oar depth etc.	
B7	Feedback	
7.1	Provides feedback to the crew and coach at appropriate points in the session	
7.2	Seeks feedback from the crew and senior cox/coach on their performance.	

Assessment

Comments by the supervising cox and crew.

Action points.

Level Achieved

1	Very Basic – needs much improvement	
2	A level of competence achieved	
3	Satisfactory level of competence	
4	Good level achieved	
5	Outstandingly good	

Signature of supervising cox

Date