



Poole Gig Rowing Club cox training



This list will also be used for assessment purposes to determine if the trainee is ready to be a Poole Gig Rowing Club cox.

Trainee Cox Name:

No.	Item	Initials
1	Equipment – items required in the gig.	
2	Weather – rain, wind and tides etc.	
3	Local knowledge – danger points, safe rescue points, local tides.	
4	Storage - Ropes and Knots.	
5	Radio – Use of VHF and local channels in Poole Harbour.	
6	Safety – Safe use of equipment and for the crew.	
7	Directions – map reading and use of compass.	
8	Launching – beach launch, pontoon launch.	
9	Loading – safe loading and unloading of the gig.	
10	Pulling away – from the quay, beach or pontoon.	
11	Commands – basic crew commands and racing commands.	
12	Manoeuvring – in the marina and in open water.	
13	Stopping – basic and emergency stopping.	
14	Mooring – picking up a mooring buoy.	
15	Anchoring – deploying and recovery of anchor.	
16	Collision Regulations (IRPCS) avoidance of collisions.	
17	Emergency procedures including (Man Overboard) recovery.	
18	Flares – when to use and types to deploy.	
19	Safe Landings – landing points (Subject to weather).	
20	Coming alongside / landing on the beach.	
21	Recovery of the gig.	
22	Final Checks including VHF radio replaced in charger.	
23	Documentation – completion of crew sheets & collection of fees.	
24	Understanding marker and directional buoys.	
25	Understanding rights of way on the water.	
26	Balancing of the gig and crew positioning.	
27	Observational skills on the water and of the crew.	
28	Control and Motivation of the crew.	

Signed off by : Date: