

RTRC Coxes Registration Application and Record of Experience

Introduction:

To Cox a Seine Boat on the River Teign as part of a race or RTRC training activity the RTRC require that you have suitable and appropriate experience. This form outlines the minimum knowledge and experience a Cox must have to be deemed to be competent by the RTRC. As a Cox you are in a position of responsibility, not only are you ultimately responsible for the boat but you are also responsible for the Crew in the boat. A Cox must be prepared to accept these responsibilities as a poor decision could put both the boat and crew at risk.

As a responsible Cox we expect you to not only maintain but to expand your knowledge, skills and experience and to continue to manage your personal development in coxing, boating and associated skills.

Publications and Required knowledge:

This is a minimum list of publications that you must have reviewed thoroughly, understood and keep up to date with to be Coxing in the RTRC. At any time the RTRC may require you to demonstrate that you have reviewed these materials and have adequate knowledge of the River Teign and applicable codes and regs to Cox safely.

1. You must own a copy and have read the 'international regulations for preventing collision at sea' (colregs). You must understand in particular:
 - 1.1. Avoiding collisions
 - 1.2. Narrow channels e.g. River Teign approaches
 - 1.3. Passing other vessels – overtaking/head on situations/crossing who has right of way :- Rule 17
 - 1.4. Download: http://en.wikipedia.org/wiki/International_Regulations_for_Preventing_Collisions_at_Sea
 2. AtoN Aids to navigation, understand Marks, Buoys, Lights and Shapes. Specifically, but not limited to AtoN around the River Teign and the racing area.
 3. Own and carry a current Tide Table, understand the following:
 - 3.1. Difference between Spring and Neap Tides.
 - 3.2. Effect of tide and wind especially on the approaches to the River Teign.
 - 3.3. Localised effect of tides on the currents in the River and its approaches.
 4. Where to obtain a current weather forecast: Met office inshore waters or other reputable weather websites or other mediums.
 5. All coxes are required to carry a VHF whenever they take a boat out, Coxes should be trained how to use a VHF. Coxes should carry an emergency VHF instruction sheet laminated, and keep current with the following basic procedures.
 - 5.1. How to call for assistance and communicate with the Coastguard for weather updates etc.
 - 5.2. How to change channel and make a call to the Race Control boat.
 6. Carry 2 Red Hand Flares and know how to use them.
 7. Read and understand the RTRC Coxes Charter
 8. Understand the RTRC incident procedures and how to report an incident
 9. Be up to date with any other relevant RTRC or other local publications and notices and update any other knowledge or publications if instructed to do so by the RTRC or other bodies.

Basic Seine Boat Coxing Skills to be Proficient in:

All Coxes are expected to practice and maintain their proficiency in the following basic boating skills, the club may ask a Cox to demonstrate these at any time.

1. Making passage with or against the flow of water
 - 1.1. Ferry Glide
 - 1.2. Holding water
 2. Manoeuvring amongst other vessels
 3. Coming alongside other vessels/pontoon/pier
 4. Turning a marker buoy, simulating a race turn.

Record of Experience:

All Coxes are expected to firstly gain experience by Coxing with a registered experience Cox. Once that Cox is happy with your basic skills you are required to independently Cox for 10 hours prior to registration. The mentoring and the subsequent 10 hours experience must be independently verified by the Mentor Cox and then by the rowers who are coxed while gaining your 10hrs experience.

