

UKSRL SURF BOAT INDUCTION

United Kingdom
Surf Rowers
League



Completion of this induction should not be considered as confirmation of competence or as a qualification. This document is designed as a guide to aid sweeps instructing new rowers in the basic surf rowing skills for UKSRL events. Emphasis is on safety and protecting equipment not high-level racing. The syllabus below should be used at the discretion of the sweep and in the relevant conditions and does not purport to comprise a complete range of surf life saving skills.

A: ROWERS MUST:

- Be members of UKSRL.
- Be aware of the possible requirement to swim in surf.
- Have correct gear (trunks/swimsuit).

B: INTRODUCTION TO THE BOAT:

- Fixed Seats.
- Look at the blade.
- Stroke/Bow side opposite to flat water.
- Don't feather flat; 45° only.

C: THREE GOLDEN RULES:

1. **The Sweep is always in charge** (Stroke if Sweep overboard).
2. **Each rower is in charge of their own oar.**
3. **No hands on gunwhales** (except entering/leaving boat).

D: RACE ENVIRONMENT:

- Beach Zone – start area, safe to prepare for race, make adjustments.
- Surf Zone – racing area, dangerous to stall or take risks.
- Deep water Zone – buoy turn, safe to stop in emergency.

If sweep is thrown overboard, rowers should aim boat at nearest safe zone.

E: SAFETY PROCEDURE:

If boat broaches on wave, sweep commands **“HIGH SIDE”** - crew lean to upper gunwale.

If boat rolls all crew must:

1. **Swim to sea-side of boat**___ (save yourself).
2. **Count heads**_____ (save each other).
3. **Hold on to boats**_____ (save the gear).
4. **One arm raised**_____ (require assistance).

F: SURF DRILLS

If surf is big, dry-drill all following on beach first.

- ✓ Basic Seated/bum Start – safest for rowers.
- ✓ **“FRONT CHOCKS”** command – safest for rowers and oars.
- ✓ Basic Buoy-Turn – Stroke hold water, bowside row round.
- ✓ **“TRAIL OARS”** - fingers off gunwale.
- ✓ **“COME BACK”** - swift & steady; not 'manic panic'.
- ✓ **“BOWMAN TRAIL”** - safe exit to beach.

“SKY OARS” to be taught at the sweeps discretion but risky for nervous/indisciplined crews. Higher chance of injury, broken oars or bent rowlocks.