



EXPEDITION

Training Framework – boatwork

All participants must:

- Be water confident and gain experience so that the craft becomes an extension of the user, or until they are at home in the environment.
- Wear a life-jacket or buoyancy aid following the Licensed Organisation/AAP policy. When participants are on or near the water during rowing expeditions the DofE strongly recommends the use of modern buoyancy aids, similar to those used by canoeists, at all times. They do not restrict movement to the same extent as traditional life-jackets and are not as uncomfortable.
- Be proficient in capsizing and recovery drills, including a 'man overboard' drill for vessels in open water.
- Have a practised and predictable response to sudden immersion.
- Be able to assist each other when in difficulty.
- Ensure that the boat is properly equipped, including the minimum of essential spares.
- Use a craft with adequate buoyancy.
- Use a boat fitted with adequate buoyancy which is firmly secured.
- Be able to tie a range of knots. Knots such as clove hitch, round turn and two half hitches, bowline, reef knot, figure of eight and a quick release knot are useful. It is far more important to be able to tie half a dozen knots well, than to know ten or 20 and not be sure which one to use or how to tie them. Participants must be able to tie knots quickly, without thinking, without looking and from any position.
- Be able to make fast to cleats, posts, pins and rings and to anchor.
- Be able to throw a line accurately and reliably.
- Know how to use locks, if appropriate for the expedition.
- Be able to carry out maintenance and simple emergency repairs.
- Be able to stow the gear and trim the boat.
- Waterproof food and clothing and other equipment which may suffer from immersion or rain.
- Be able to fulfil the role of cox, stroke, bow and crew member as appropriate.
- Be able to give and respond to orders in a seaman-like fashion, to work together to handle a boat under oars – getting away from quay, jetty, bank,

- moorings, and beach; pulling and backing; coming alongside; picking up moorings; manoeuvring the boat without use of the rudder; recovering man overboard and beaching; handling a boat under tow; taking a boat in tow, and allowing for wind and current when carrying out these manoeuvres.
- Be able to carry out a ferry-glide where pulling boats are to be used on rivers with strong currents or estuaries with strong tidal flows (2-3 knots or more).
- The proper names and function of all the parts of a pulling boat.
- The basic boating, sailing and sea terms.
- The basic rules of the road and priorities.
- The sound and distress signals used on water.
- The courtesies, customs and etiquette associated with boating and sailing.

For a pulling boat, there must be a series of commands such as: 'back oars', 'hold water', 'starboard hold water', 'give way together', 'ship oars' and 'bow oar' so that the boat can be manoeuvred efficiently to operate safely and in a seaman-like manner. During training, practices and the qualifying expedition, there should be a regular rotation of positions and roles to develop an all-round competence and to provide a refreshing change of task.

Expeditions in tidal waters

Participants who carry out their expedition in tidal estuaries and sheltered coastal waters must be competent in the following:

- Navigation, using the relevant charts and navigational information.
- Tidal processes, ebbs and flows, streams, rise and fall, range, springs and neaps.
- The use of publications providing tidal information.
- The relevant buoyage system.
- Handling a boat competently in tidal waters, including mooring and beaching.
- Have an understanding of COLREGS (rules of the road) as appropriate.

The framework outlined above should form the basis of a training programme for rowing expeditions and should be used in conjunction with the DofE *Expedition Guide*.