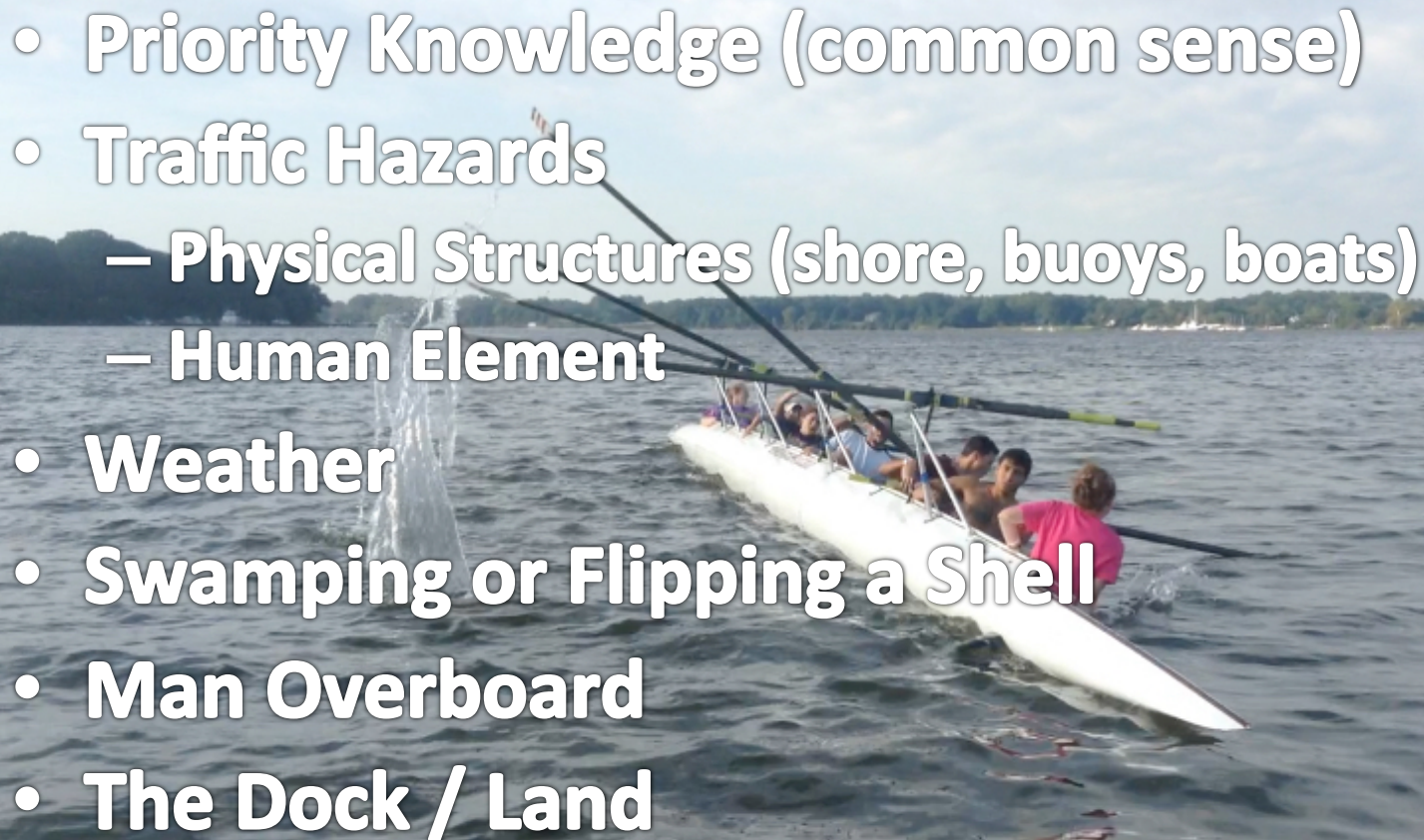


# Introduction to Coxing

By: Erwin Müller

From: Guide to Coxing (Kirschbaum)

# 1. Safety

- Priority Knowledge (common sense)
  - Traffic Hazards
    - Physical Structures (shore, buoys, boats)
    - Human Element
  - Weather
  - Swamping or Flipping a Shell
  - Man Overboard
  - The Dock / Land
- 
- A photograph of a rowing team in a white racing shell on a large body of water. The team consists of several rowers, with one person in a bright pink shirt visible in the foreground. The water is dark blue with some whitecaps. In the background, there is a shoreline with trees and some buildings under a cloudy sky. The text of the list is overlaid on the left side of the image.

# 2. Tools of the Trade

- Soft-wear
- Hardware
- Electronics and Voice
- Coxwain's Seat
- Coxwains and Weight

Down & Dirty  
Guide to Coxing



Electrical  
tape



Weatherproof  
hat



Medical tape



LED  
Flashlight



Keychain  
floater



Waterproof  
overboard  
bag



7/16  
wrench



# 3. Attitude

- Outlook and Psychology
- Gaining Respect
- Talking to the Crew
- Giving Commands
- Counting



# 4. Sitting in the Coxwain's Seat

- The Three G's (get it out, get in, go)
- Steering
- Handling Wakes
- Stopping and Turning
- Backing
- Landing the Shell

