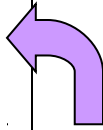


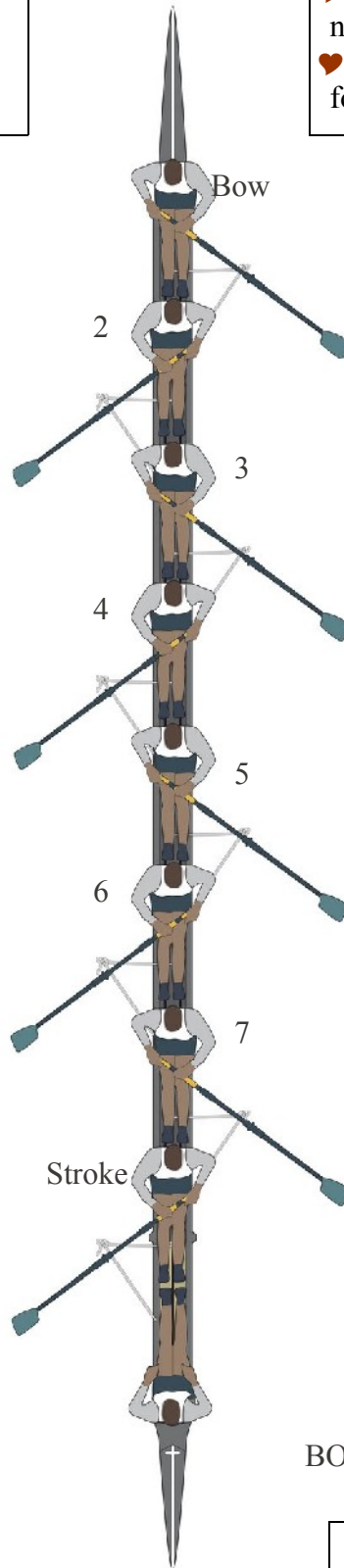
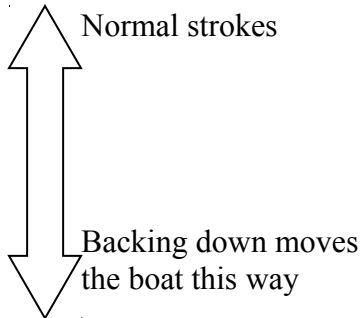
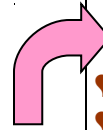
To turn left:

- ♥ Pull rudder forwards with left hand
- ♥ Bow take a stroke
- ♥ Bow and 3 take a stroke (if bigger turn needed)
- ♥ Stroke back it down (if no space to move forwards)



To turn right:

- ♥ Pull rudder forwards with right hand
- ♥ 2 take a stroke
- ♥ 2 and 4 take a stroke (if bigger turn needed)
- ♥ 7 back it down (if no space to move forwards)



Bow 4

Use 4s or 6s if a slower speed needed (traffic jam) or for most exercises

Stern 4

Stroke side

BOW SIDE

Spinning:

In a tight space, use stroke and 6 backing down, bow and 3 taking strokes

If more space can use stroke side backing down, bow side taking strokes

“Hold it up” = emergency brake

“Take the run off” = slow down the boat

“Easy there...drop” = stop rowing