

Wavecraft for Coastal Rowing

World Rowing Coaches Conference

Tim Fenemore

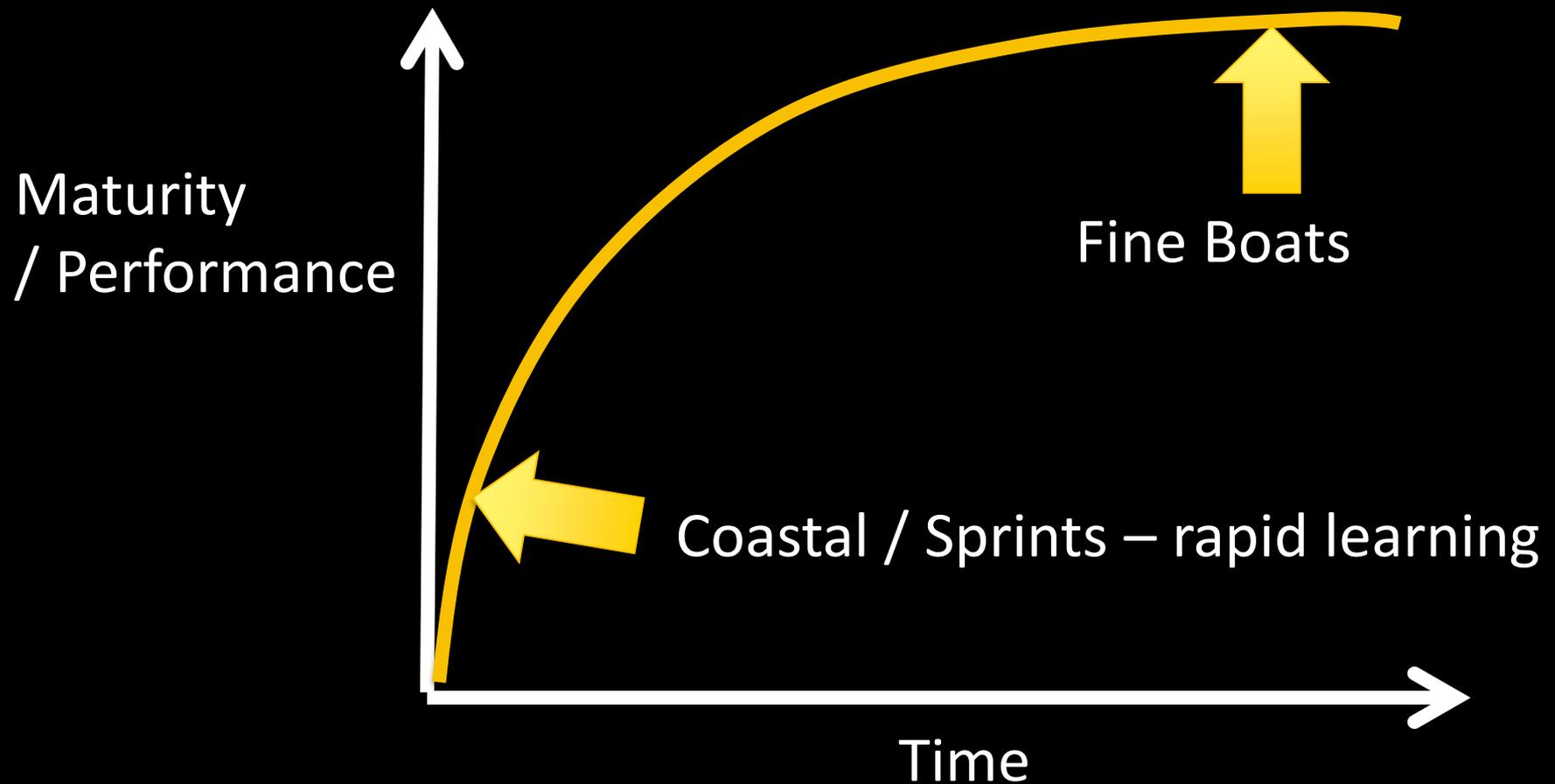


The information contained in this slide set has been generated from experience of windsurfing and rowing over the past 30 years. It has been created in response to a request from World Rowing for opinion and experience.

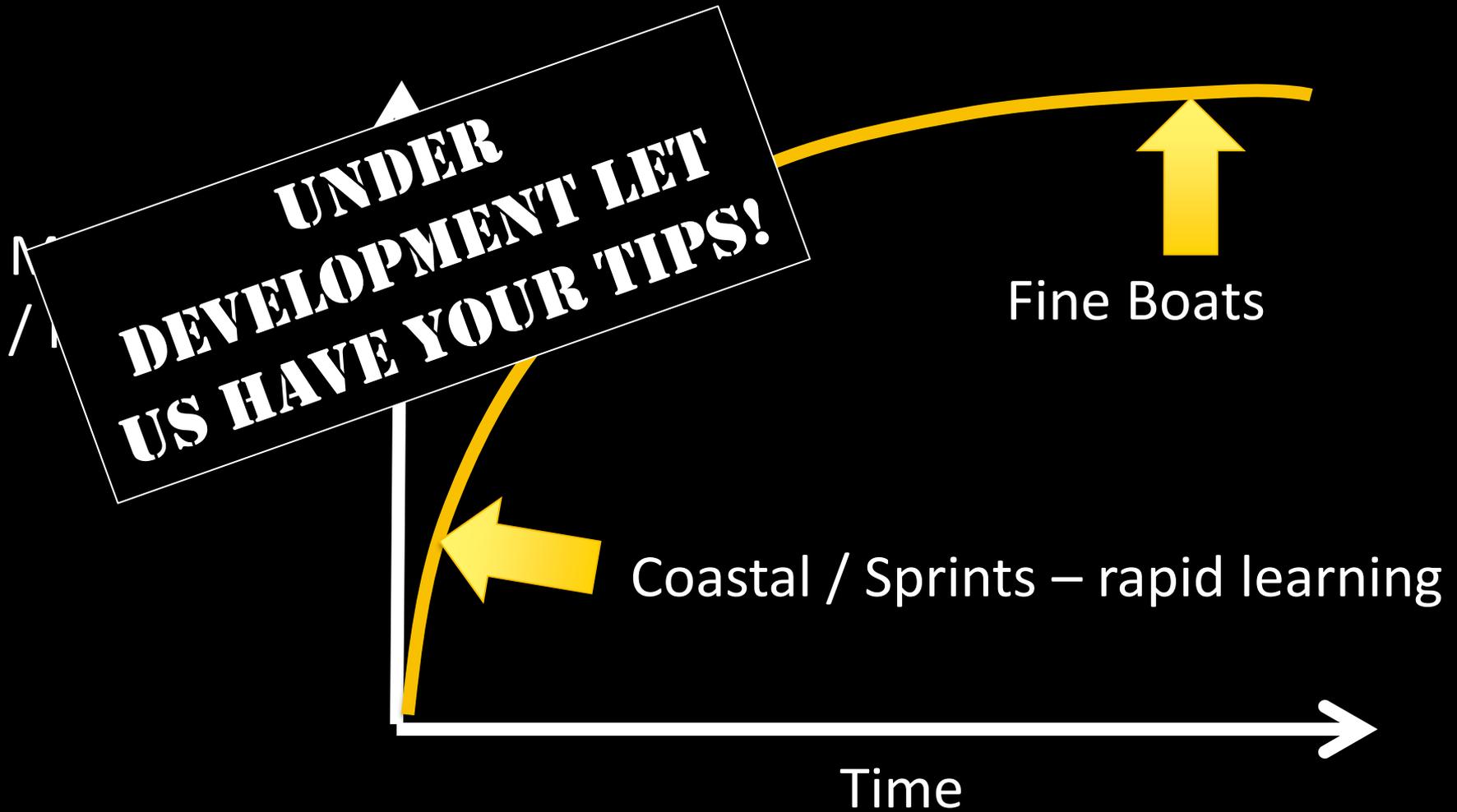
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Evolving techniques, boats, coaching...



Evolving techniques, boats, coaching...



Focus of today

**How Boat
Handlers can
help**



**Beach
Sprint
Lessons**

**Rowing and
riding waves**

**Impact of sea
and beach on
events**

Typical coaching elements

Fine Boat Elements	+ Coastal Elements
<p>Technique</p> <p>Targets, objectives & planning</p> <p>Measurement</p> <p>Strength & conditioning</p> <p>Diet and hydration</p> <p>Perfecting performance</p> <p>Indoor training</p> <p>Cross-training</p> <p>Clothing & equipment</p> <p>Boat set up</p> <p>Warm up</p> <p>Stretching</p> <p>Risk assessment</p> <p>Capsize drill</p> <p>Safeguarding</p> <p>Coxing</p> <p>River currents</p> <p>Psychology</p>	<p>Wavecraft</p> <ul style="list-style-type: none">- Surfing- Cross chop- Wave bashing <p>Reading waves and beaches</p> <p>Physiology for multiple rapid sprint heats</p> <p>Physiology for endurance offshore races</p> <p>Tides</p> <p>Turns</p> <p>Navigation</p> <p>Boat set up for conditions</p> <p>Boat configuration</p> <p>Risk assessment for open water</p> <p>Self-rescue</p> <p>Boat handling</p> <p>Lifting and handling</p> <p>Self-launch</p> <p>On water spares and emergency kit</p> <p>Coxing on waves and around buoys</p> <p>Psychology of adaption</p>

Fine Boat Elements

Technique
Targets, objectives & planning
Measurement
Strength & conditioning
Diet and hydration
Perfecting performance
Indoor training
Cross-training
Clothing & equipment
Boat set up
Warm up
Stretching
Risk assessment
Capsize drill
Safeguarding
Coxing
River currents
Psychology

+ Coastal Elements

Wavecraft
- Surfing
- Cross chop
- Wave bashing
Reading waves and beaches
Physiology for multiple rapid sprint heats
Physiology for endurance offshore races
Tides
Turns
Navigation
Boat set up for conditions
Boat configuration
Risk assessment for open water
Self-rescue
Boat handling
Lifting and handling
Self-launch
On water spares and emergency kit
Coxing on waves and around buoys
Psychology of adaption

Impact of waves on events

What do you see?



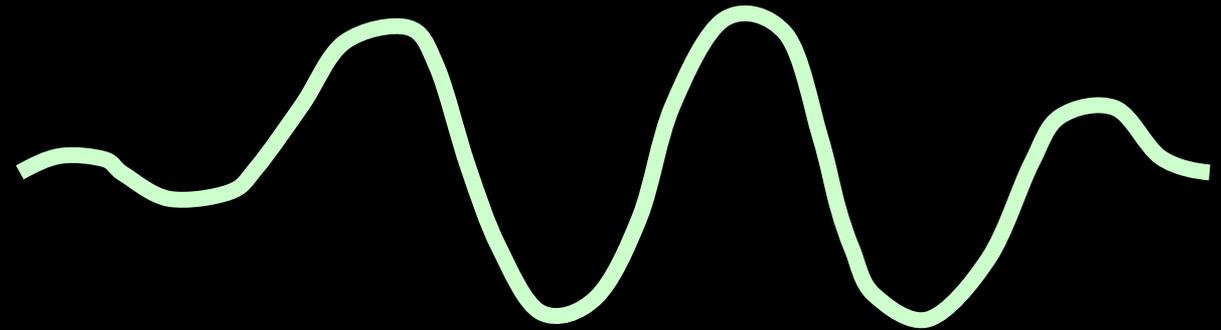
Studland Beach, near Swanage, England

Wave types

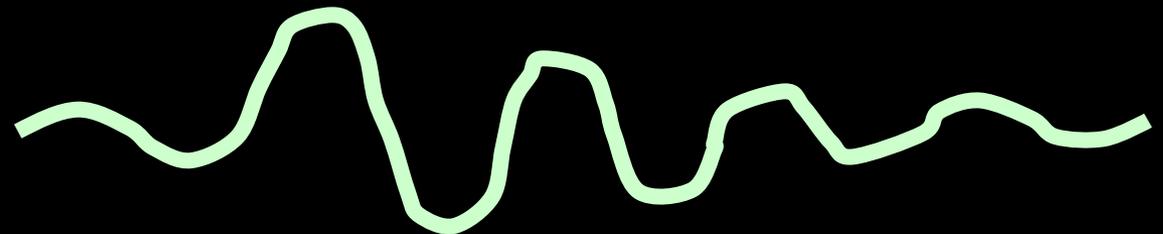
Wind driven:



Swell:

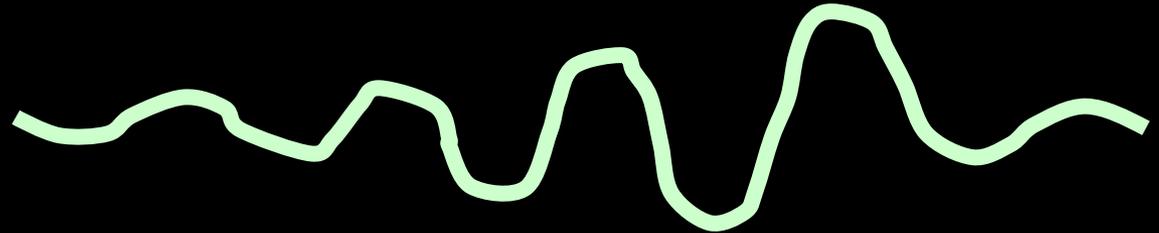


Traffic

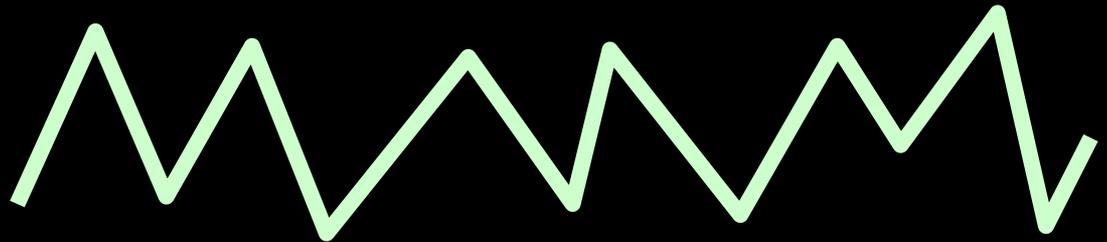


Wind over tide

Wind + Tide



Wind + Tide



Impact of beach on events

Beach



World Rowing - Shenzhen Beach, China

Some additional things to assess

Gradient of slope at each tide state

Direction compared to prevailing winds

Composition (sand, pebble & rock)

Local Hazards (e.g. traffic)

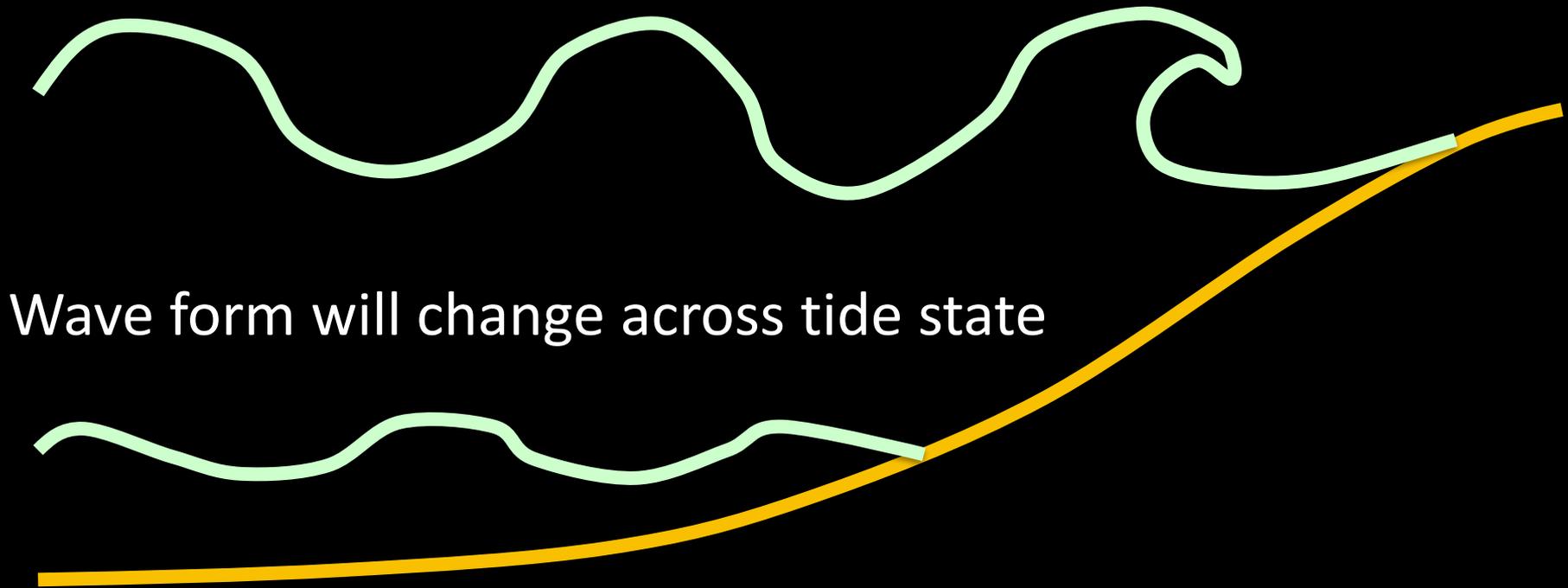
Beach gradient

Steep gradient =
waves break late,
dumpy and close
together

Low gradient = waves
break early, crumbly
& well spaced



Beach gradient



Beach risks



Shenzhen Beach, China

Risks - boat



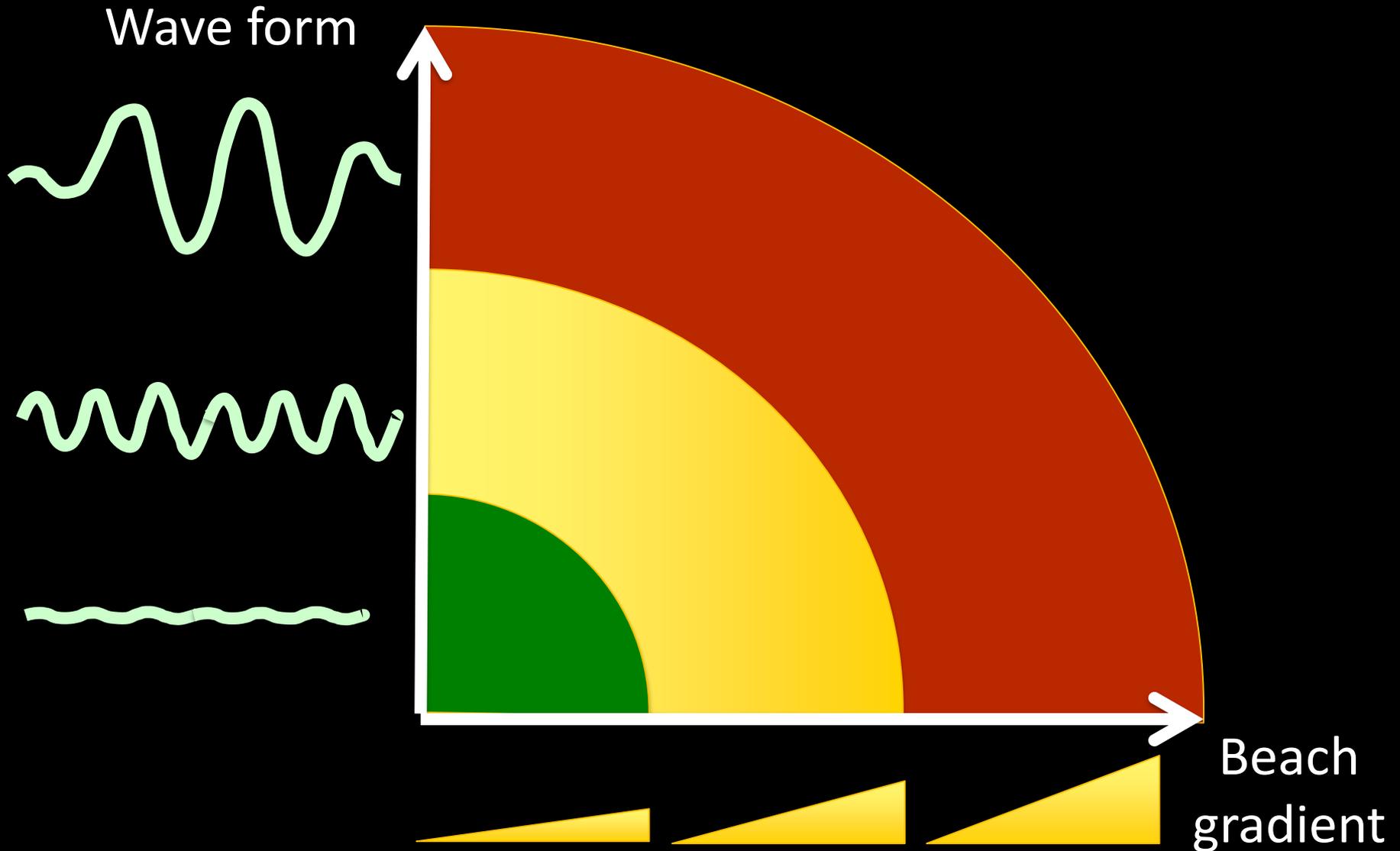
Shenzhen Beach, China

Risks - people

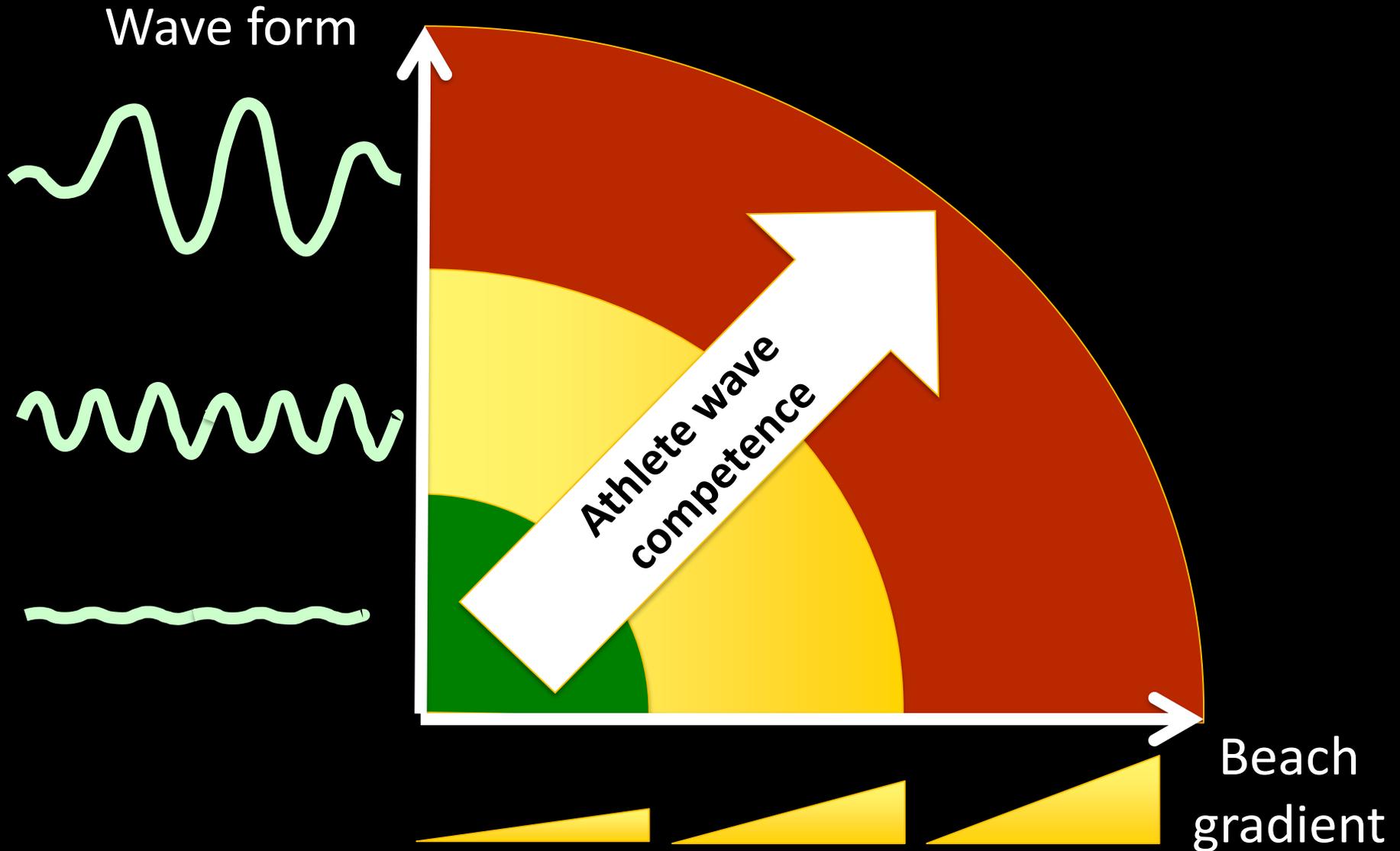


Shenzhen Beach, China

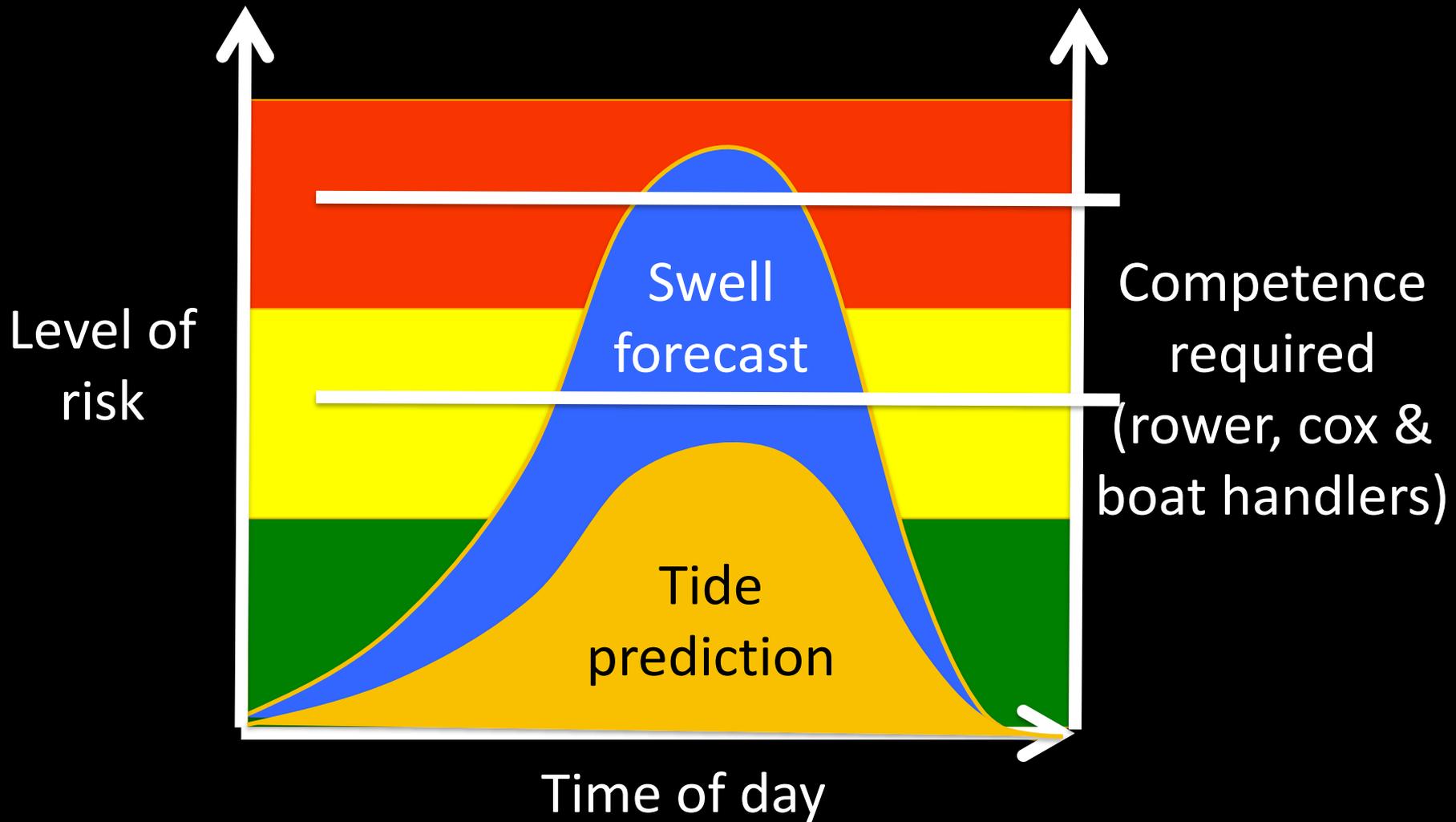
Wave and beach interaction



Wave and beach interaction



Changes in risk through the day



Key points

- Swell and beach profile at each tide state are as important as wind speed and direction
- Rowers will push themselves to compete – someone has to assess their competence
- Beach handling and coxing skill are as important as rowing

Boats

Some boat considerations

- Downward facing bows tend to 'spear' steep beaches
- Bow mounted riggers mounted above seat cause risk to rowers during beach impact
- Sharp objects cause risk during beach impact
- Boat handling features are important
- Wear and tear

Boat Handling

Check the boat



Brief the crew



World Rowing - Shenzhen Beach, China

Key boat handler roles - launch



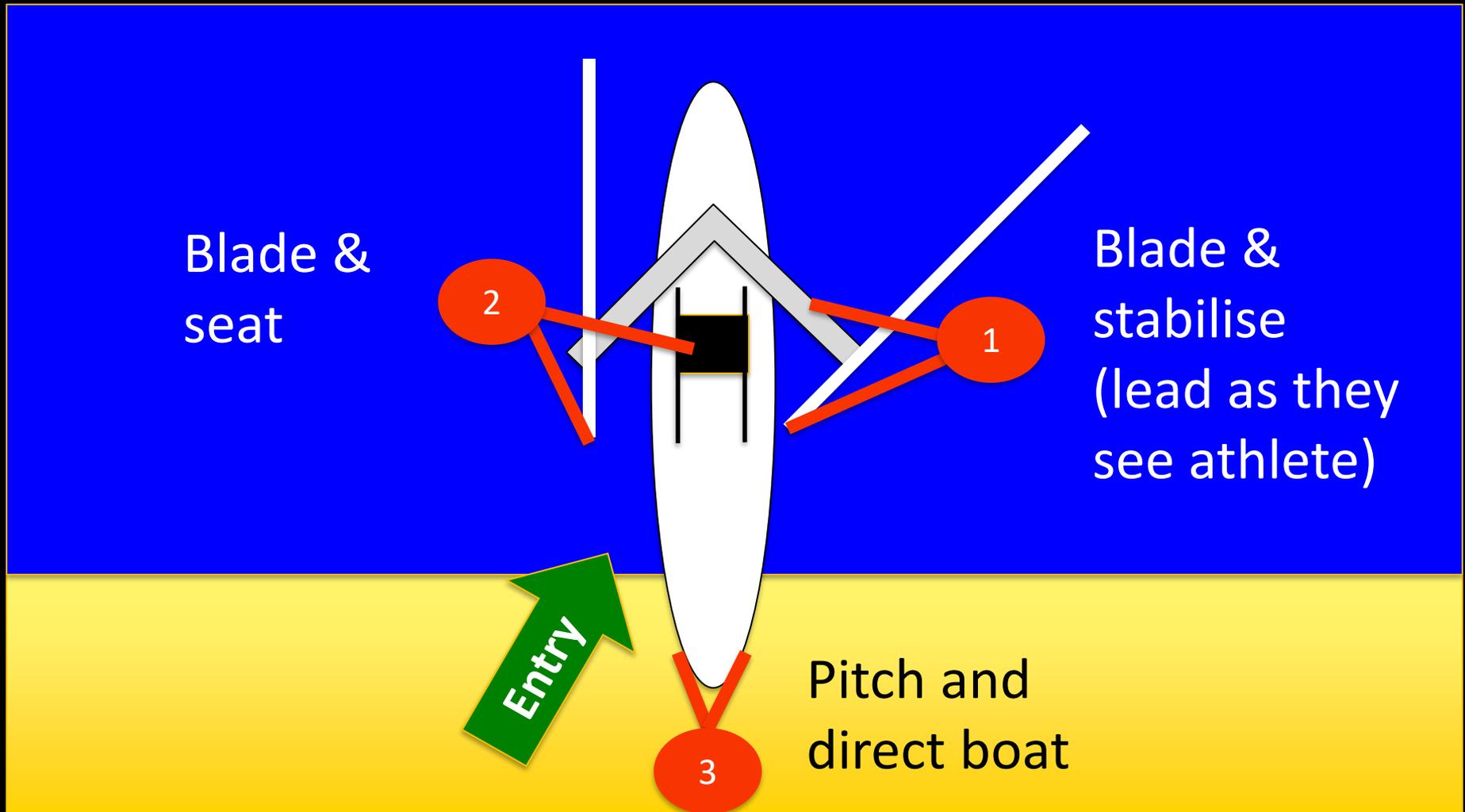
World Rowing - Shenzhen Beach, China

Key boat handler roles - launch



World Rowing - Shenzhen Beach, China

3 roles at launch – bow rigger



Signaling



Coastal Barbarians – Studland, England

Directing



World Rowing - Shenzhen Beach, China

Boat handling tips

- Stay clear
- 3 people is safer
- Check the boat continuously due to rapid heats

Rowing

Rowing out



World Rowing - Shenzhen Beach, China

Rowing back

- Take a mark
- Catch the wave
- Hold course

Rowing back – initiate surfing



**UNDER
DEVELOPMENT LET
US HAVE YOUR TIPS!**

Coastal Barbarians – Studland, England

Rowing back - surfing

**UNDER
DEVELOPMENT LET
US HAVE YOUR TIPS**



Coastal Barbarians – Pwllheli, Wales

Rowing back – lean in if you end up sideways

**UNDER
DEVELOPMENT LET
US HAVE YOUR TIPS**



Coastal Barbarians – Studland, England

Key 'takeaways'

- Assess tide and swell
- Choose appropriate boats
- Assess competence of all crews and handlers - manage risk

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Tim Fenemore

Tim.fenemore@gmail.com

+44 (0)7403 418978

www.positivefloat.com