PADDLING COMMANDS

**BALANCE THE BOAT**

**Used to check even weight distribution. Hip against the gunwale, hold paddle over head with both hands while leaning out.**

**LEAN OUT**

**Hip tight against gunwale, leaning out over the side of the boat**

**READY?**

**Hold your paddle sideways and tap the gunwale 2 times. That means that you have heard the command and are prepared to go.**

**PADDLES UP**

**Hold your paddle blade above the surface of the water, fully rotated in position one and ready to go. Yell “Oo-Ra!”**

**GO**

**Start paddling forward in unison, following the stroke’s lead.**

**STAY IN SYNC**

**Watch the person in front of you, put your paddle into the water at the same time using the same stroke so that everyone paddles in unison.**

**LET IT RUN**

**Hold paddle across lap with paddle blade over the gunwale. Used when sitting in the boat waiting for instruction.**

**HOLD THE BOAT**

**Hold paddle straight up and down in the water beside the boat.**

**CENTER YOUR PADDLE**

**Hold you paddle straight up between you and partner with the blade facing upward.**

**FLARE YOUR PADDLE vs. RUDDER YOUR PADDLE**

**FLARE stabilizes the boat. Hold paddle blades flat on the surface of the water. RUDDER holds the boat in place. The handle of your paddle is just above the gunwale, your hand holds the blade below the water surface.**

**PREPARE TO BACK PADDLE**

**Blade in the water past your hip.**

**BACK PADDLE**

**Stroke begins behind your hip to pull the water forward. Stay in synch. Repeat until you are told to stop.**

**MY BOAT**

**A command that will come from the steersperson when he/she needs to quickly take control of the boat.**

**HEADS IN THE BOAT**

**Stop talking immediately and pay close attention to what is being said.**

**UP**

**Increase stroke per minute rate. Stay in synch with leads.**

**PADDLE SALUTE**

**You and your paddle partner will take your paddles out of the water and tap the blade tips together for a count of one and then return your paddles into the water for the next 3 strokes, then tap again. Repeat until told to stop.**

**RACE COMMANDS**

**Starter Calls:**

**“All boats hold- We have alignment- Attention please” HORN BLOWS TO START!**

**Up Pick up the stroke pace each time this is called. Stay in sync with the leads!**

**Big Reach further ahead starting at your “sweet spot”, get your hand below the waterline, twist your torso, pull back hard**

**Bigger Reach further ahead, keep your hand below the waterline, twist your torso, pull back harder, use your legs**

**Biggest Reach out with fully twisting torso, lean forward, sit up quickly, hand below waterline, engage your heels and legs. Keep up a deep, steady pace of long strokes.**

**Finish Now! Give your stroke all the power you’ve got until told to “Let it run”.**

**NEVER STOP PADDLING UNTIL STEERER SAYS “LET IT RUN”!**