



HANDBOOK FOR RABBITS



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Welcome

The purpose of this handbook is to give you an insight into Aarhus Studenters Roklub as a sports club and the fantastic community we have.

Rowing is an amazing sport, whatever you dream of becoming a new champion or just want to keep in shape, there is room for you.

The handbook is split into two chapters:

The first is about the club, the society and the culture in ASR and it can help the new members to find their way into the activities, the social life and the instruction of new members. A dictionary is placed first to make the reading easier. These words will quickly be part of your daily vocabulary.

In the second chapter instruction of the new rower/rabbit is put into focus. You will learn a lot of new words when you are instructed, in particular about the commands and material. We have described this, so it is possible to practice when you are not in the club or look at it when you have been on a trip. Besides that, we present the progress you as a new rower will go through under your instruction and what is possible when you are done with it.

Hereby, we want to welcome you to Aarhus Studenters Roklub (ASR). Hopefully, you will quickly feel comfortable and contribute to the atmosphere in our club with a lot of traditions. ASR is a society built on voluntariness, joint responsibility and initiative. You will likely feel that the sooner you take part in society in one way or another, the sooner you will also feel like member of the club.

//on behalf of the committee
The handbook committee
Spring 2023



THE CLUB



Dictionary for ASR

As in every other society is there an in-house lingo and technical terms which are used.

A short list is made here:

- **2'er:** Inrigger with 2 oars.
- **4'er:** Inrigger with 4 oars.
- **8 GP:** Eights Grand Prix arranged by DFfR. National competition over the winter, where teams of eight share one rowing machine and compete against others in different disciplines.
- **Annekset (Annexe):** The boathouse behind the large boathouse with the gate facing the road.
- **ASR-nyt (ASR-news):** Newsletter from the club which is published two times a month. You are automatically signed up and all important matters will be announced here.
- **Bagbord (Portside):** Left side when looking in the natural travel direction of the boat. Marked with the colour red. Mnemonic rule: Is there any red port left in the bottle?
- **Bestyrelsesrummet:** The small room at the end of the "IT room" near the men's locker room. The chairman once had his own locker room here.
- **Brabrand sø/rostadion (Lake Brabrand):** Access to row outrigger in lanes. Coordinated rowing times: Monday at 17:30, Wednesday at 17:30, and Saturday at 9. Registration is done in Google sheet at latest the day before at 18.
- **Coastalboat:** A wider outrigger with a watertight hull and automatic emptying water while rowing. This makes the boat good in big waves and rough weather.
- **Cox:** The one giving commands to the rowers and often steering the boat by a rudder. Cox and the captain are not necessarily the same person, but both are called "styrmand" in danish.
- **Daily row waters:** Define north by Skødshoved Landingsplads and south by Norsminde marine. Most of the trips will be rowed in these waters.
- **Den lille bådhal (The small boathouse):** The boathouse located in the same building as the clubroom.
- **Den store bådhal (The large boathouse):** The boathouse that is by its own.
- **DFfR:** The Danish Rowing Federation is the official federation for rowing in Denmark
- **Ergometertræning (Machine rowing):** It is possible to use the rowing machine year-round, both at the harbour as well as at Brabrand Row Stadium. In the winter half-year rowing is scheduled at Brabrand Row Stadium every Monday at 19, Wednesday at 17:30 (often with communal dining afterwards) and Saturday at 11. Registration is done in Google Sheets.
- **Fredagssvømning (Friday swimming):** From week 43 until May is it possible to swim at Århus Swim Stadium at 20. Afterwards, a beer/soft drink is enjoyed at a local pub.
- **Frigivelse (Release):** When you have achieved your permission to row.
- **Fælleslangtur (Communal long-trip):** Trips arranged by the committee. Often over more days and with registration in the clubroom. E.g. summer trip, late summer Trip and the fall of the leaf long-trip (løvfaldstur).
- **Fællesroning (Communal rowing):** In the rowing season weekly communal rowing is scheduled Tuesday at 17, Thursday at 18 and Sunday at 12. No registration is needed and all present will be set on a team. It is a great possibility to meet the other rowers, both old and new. Maybe you will plan your next trip here?

- **Fællesspisning (Communal dining):** VFF will arrange communal dining every last Tuesday in the month (December excluded). It is at 19 and one is registered at Rokort as either chef or just for eating. Everyone pays their share afterwards.
- **Gigboat:** An outrigger wider than the sculls but slenderer than the inrigger. The swivel is placed on a small rig away from the gunwale. The rowers are placed one after the other.
- **Inrigger:** The widest boat type and thus extremely suitable for rowing at open seas, with a lot of stability and seaworthiness. Always has a captain that switches position with the rowers along the trip. The swivel is placed directly on the gunwale and the rowers are placed staggered along the boat.
- **Instructor:** A voluntary member of ASR who has attended an instructor course. These members will teach you how to row and help you improve your technique. An instructor will give you your permission to row..
- **K1:** K1-captain. Is allowed to take responsibility for a boat travelling from ASR to Hestehaven
- **K2:** K2-captain. Is allowed to take responsibility for a boat travelling in K1-area and south of the harbour to Norsminde.
- **K3:** K3-captain. Is allowed to take responsibility for a boat travelling in all of Århus bugt until Skødshoved Landingsplads.
- **Kanin (Rabbit):** New member of the club in the ongoing season.
- **Klubstuen (Clubroom):** The place where we meet for non-rowing activities and where the club spirit lives. VFF has beverages in the refrigerator.
- **Langtur (Long-trip):** Rowing outside of our daily row waters.
- **Langtursstyrmand/L-permission:** With a L-permission, you are allowed to row everywhere as long as you follow the rules of ASR and DFfR.
- **Official row season:** The period between the lifting of the burgee and the strike of the burgee, defined by changing from winter time to summer time and back again.
- **Outrigger:** A fast slender boat where the swivel is placed on a rig away from the gunwale. The rowers are placed one after each other and it is not possible to change seats when rowing. Outriggers can have 1, 2, 4 or 8 rowers depending on the type. The boat can be with or without a cox but the 8' does always have a cox.
- **Rokort:** A digital database where each trip is registered before departure and ended after arrival. It is then possible to make statistics for each rower and boat and make sure that everyone has returned safely. Additionally, a lot of trips and events are announced here.
- **Roret (Permission to row):** When a rabbit has achieved all skills on one's skills list and is released by an instructor. One is now allowed to row without an instructor but there must always be a captain in the boat.
- **Sculls:** an outrigger where all rowers have two oars. Three types exist: single scull (for one rower), double scull (for two rowers) and quad scull (for four rowers)
- **Styrbord (Starboard):** Right side when looking in the natural travel direction of the boat. Marked with the colour green. Mnemonic rule: *Starboard right, always green.*
- **Styrmand (captain):** The captain has the responsibility for crew and boat and can thus give commands that must be followed undoubtedly by the crew. The captain and cox are not necessarily the same person, but both are called "styrmand" in danish.
- **Torsdagstons (Thursdays exercise+):** Is managed like communal rowing but with more cardio training by different row programs. Thursday exercise+ is Thursday afternoon. Registration and the precise time are managed in Rokort.

- **VFF:** Sub-association in ASR. Provides cold beverages in the refrigerator, and arranges parties and other activities for everybody's well-being.
- **Vinterroning (rowing in the winter):** In the winter period (outside the official rowing season) rowing can be done with extra care. A winter captain or captain with L-permission must be in the boat.
- **Wade shoes:** Shoes used when going ashore at a beach. These shoes will ensure that the foot is not injured by mussels or other sharp objects. Can be bought at the occasion but is not mandatory for instruction.

Voluntariness

ASR is driven by voluntariness, and we really appreciate that. It makes it possible to come up with new initiatives or help plan big and small activities. Voluntariness gives all ownership of the society and makes it easy for everyone to influence the club and makes it easy to get to know a lot of new people. It is a win-win.

All activities, instruction of new members, cooking, administration and maintenance of the house and boats are done by club members, who want to contribute to this club culture. We cannot state it enough: when joining ASR you are also joining a society where everyone helps with these activities and we expect that of you as well.

We do not expect you to join the committee right away, but you can begin at the small end by saying you want to help when someone is asking. Some examples could be

- Helping to do the dishes after communal dining
- Volunteer when help is requested at Rokort
- Do the laundry
- Volunteer when the material team needs help repairing a boat
- Emptying the beverage deposit bucket into the bigger box in the large boathouse
- Emptying the dishwasher
- Clean the tables
- Volunteer with cooking for the communal dining (you will never do this task alone) or come a little early for eating and lay the table

It will be good for both the club, the society and for you as you will quickly become a familiar face in the clubroom

Appointments

A lot of your trips could be arranged when talking with other rowers, for many row-friends will be friends that you will also meet outside the club. And yet you should not be afraid to ask for a trip with someone you do not know. Many nice trips are arranged while enjoying a beer at a party or when cleaning the boats after a trip.

Keep your appointments!

It is important that you keep the appointments that you have made, either directly face-to-face or at Rokort. Your row-friends need you since precisely 3 or 5 people are needed to fill the boat, and it is thus bad behaviour to not show up. The other will wait for you and cannot row as planned if you are not there! By keeping your appointments you contribute to a culture where we take responsibility for each other and keep our appointments.

Traditional activities

We have a lot of activities that recur every year:

Spring/Forår	
Lifting of the burgee Standerhejsning	The Saturday before transitioning to summertime. The official beginning of a new season where the burgee is lifted at the club. We will often sing and a speech or two will be held. <i>Expect</i> an event relating to the lifting of the burgee and often a couple of boats will go rowing this day after the burgee has been lifted - do set apart most of the day.
Get back on the water Banke-rust-af	Between the lifting of the burgee and May. The opportunity to start rowing after a long winter season without oars in your hands - just to get started again. Often this will also include "fællesspisning"/ Communal dining Will be arranged by the VFF/other volunteers - Enrolment on Rokort.dk
Communal dining/ Club evenings Fællesspisning/ klubaften	The last Tuesday of the month. Throughout the year communal dining will be arranged at 19 in the clubroom. One can register as a cook or just as a participant. The only exception is the last Tuesday in December. During the rowing season, communal dining will often be held in continuation of Tuesdays "fællesroning" / communal rowing
Long-trip during Easter/ Påskelangtur	Often held over 3 holidays during Easter. This is an event not arranged every year but fingers crossed!
Rabbit swimming/ Kaninsvømning	One or multiple Fridays during April/May. As a new rower/rabbit you need to wear a life jacket when rowing until swimming-/ life jacket test has been done; At the test, you will have to show that you can swim 300 meters without resting and put on the life jacket while treading water. Often we will drink a beer/soda after swimming.
Cocktail party/ Cocktailfest	A Saturday during May. First chance for new rowers to experience a party in ASR. Everyone dresses up and finds the best pairs of dancing shoes. The menu will often be a three-course with waiters. Remember to bring small change to tip the waiters with.
Rabbit grill/ Kaningrill	A weekday, often in May. An event with dining arranged by the VFF.

	<p>This is the time when "kaninfesten" / Rabbit party is planned by the rabbits as thanks for instruction and welcome into the club.</p> <p>It's a tradition to choose a theme for the party and to share out the tasks for the party at Kaningrill.</p>
Ascension Day trip/ Kr. Himmelfarts-tur	<p>Often an all-day trip and event.</p> <p>All boats are often on the water and we eat a communal lunch often prepared on grills.</p>
Whitsun trip Pinse-langtur	Communal long-trip with overnight stays
Summer/Sommer	
Rabbit Party/ Kaninfest	<p>Often a Saturday at the end of June.</p> <p>The biggest party of the year is arranged by the rabbits for all members as a thank you for instruction and a start in the club.</p> <p>Often with an overall theme.</p>
Midsummer Day/ Sankt Hans-tur	<p>Communal trip for all members of the club.</p> <p>We will often arrange dinner either onshore or in the boats and we will meet and sing the Midsommervise.</p>
Summer long-trip/ Sommerlangtur	<p>Saturday-Saturday in the weeks 28 and 29.</p> <p>Signing up is binding because the planning of the trip will begin afterwards and it's often a trip abroad.</p>
Rabbit long-trip/ Kaninlangtur	<p>Saturday-Sunday during a weekend in August.</p> <p>A trip planned for the rabbits, where you get to try what it means to do a long-trip with a whole day in the boat, with cooking and sleeping in the open in a tent. The trip will often go to Hestehaven (A place north of Aarhus). An instructor will be in every boat so that rowers that are not released yet can go as well.</p> <p>It is not expected that you know what is implied in long-trips. But this is a possibility to try being on a long-trip, help with planning, get and impression of it and try your gear.</p> <p>It's not mandatory to do the rabbit long-trip to go on other long-trips but it's a good idea and also hyggeligt!</p>
Late summer trip/ Sensommerlangtur	<p>A weekend at the end of August/start of September.</p> <p>Often a 2-3 day long-trip.</p>
Autumn/Efterår	
House preparation/ Husklargøring	A day during a weekend at the start of October.

	<p>We meet in the morning and the house manager distributes the tasks of the day: cleaning/tidying up the kitchen, pruning trees, removal of weeds, tidying up the attic etc.</p> <p>Lunch is sponsored by the club and there will often be cake.</p>
The fall of the leaf long-trip/ Løvfaldstur	<p>The weekend in week 42.</p> <p>A time-honoured autumn trip on "Silkeborgsøerne" (the lakes of Silkeborg) where we all meet in a really large cabin on Møgelø Saturday. It's always a very beautiful trip when we see the colours of autumn.</p>
Strike of the burgee/ Standerstrygning	<p>Saturday before the transition to winter time.</p> <p>The official ending of the season. The burgee is taken down and we will often sing and a speech or two will be given.</p> <p><i>Expect</i> an event relating to the striking of the burgee - do set apart most of the day.</p>
Winter/Vinter	
Machine rowing and 8'er GP/ Ergometer-træning og 8'er GP	<p>When the rowing season ends we keep in shape (or we build it up..) and compete during the winter with other rowing clubs in different machine rowing disciplines with both men's, ladies and mixed teams on Brabrand Rostadion.</p> <p>We do have multiple fixed training days during the week and also communal dining on Brabrand Rostadion. Often communal driving will be planned so it's easier to get there.</p>
Friday swimming/ Fredagssvømning	<p>Almost every Friday after the autumn break and until May.</p> <p>We have an arrangement where we can swim for free as a member of ASR during the winter half.</p> <p>It's from 20 at Svømmestadion on Frederiksbjerg and it's an opportunity to swim, chat with friends and also do your swimming- and life jacket test.</p> <p>When we're done with swimming the sauna is usually used and it's also possible to get a beer/soda afterwards on Peter Gift.</p> <p>Remember swimsuits, towels and a padlock for the closet.</p>
Annual general meeting/ Generalforsamling	<p>Weekday evening in November.</p> <p>The annual general meeting is the foundation of any association's life and therefore ASR as well.</p> <p>Do show up and do bring your influence to bear; the evening starts with an annual general meeting for VFF. Often we order sandwiches and later we do have the annual general meeting for the Support association and ASR.</p>
Christmashyggeday /	<p>The last Tuesday in November.</p>

Juleklip	Hygge in the club with glögg/glühwein and æbleskiver while we do Christmas decorations and decorate the club for the "Julefrokost" (Christmas lunch/party)
Winter preparation/fixing Vinterklargøring	A weekend during the winter season. Part of the club dues in ASR is participation in the maintenance of the boats. All boats are checked and prepared for a new season during the winter half. <i>Expect to set aside a weekday evening to wash the boat, and a whole Saturday to sand, lacquer and work on a boat or the oars. (See the part about winter preparation/fixing)</i>
Christmas lunch/party Julefrokost	First Saturday in December. No association without a time-honoured "Julefrokost" (Christmas party)! VFF is hosting the party with food while others do Christmas carols. Others decorate the club. <i>Expect to experience a really traditional Danish Christmas celebration!</i>
New Year's Eve Nytårsfest	We often do a New Year's Eve party for any interested members.
Skiing holiday Skiferie	Normally we do skiing holidays, both Alpine and cross-country skiing. Normally we just register on Rokort.dk
House preparation Husklargøring	A day during a weekend at the start of March. We meet in the morning and the house manager distributes the tasks of the day: cleaning/tidying up the kitchen, pruning trees, removal of weeds, tidying up the attic etc. Lunch is sponsored by the club and there will often be cake.

Your activity?

There is always great support if you want to plan a social activity or a trip on the water. Post the activity at Rokort, Facebook or contact VFF or the committee, they will be helpful.

Rowing in ASR

Communal rowing at the harbour

Three times a week communal rowing is held, where you can just show up at the club. Then teams are set and we will row.

The date for communal rowing are:

Tuesday at 17, Thursday at 18 and Sunday at 12.

Remember to be on time: if you are late you are at risk of not going on a trip since teams are made!

Communal rowing is a good possibility to go on trips and get to know the other members and for them to know you.

Torsdagstons (Thursdays exercise+) in inrigger at the harbour

In the last few years more dedicated pulse training has been organized in inrigger. Here both row technique and exercise are in focus.

Thursday - time and registration at Rokort

Outrigger rowing at Lake Brabrand

At Lake Brabrand it is possible to row outriggers, which are the fast slender boats which are known from the Olympics. Rowing here will have row technique, balance and collaboration in focus.

Monday at 17:30, Wednesday at 17:30 and Saturday at 9.

Registration latest the day before at 18 if you have tried it before and don't need much instruction. Do you want to try rowing at Lake Brabrand you can talk with the Brabrand contact person in the club or read more at www.asr.dk/brabrand.

Communal trips and weekend trips

During the season communal/weekend trips will be arranged to different locations. The trip will be both from our own club and from other row clubs. Dates for these trips can be seen in the ASR calendar at asr.dk, on the pinboard in the club and ASR-nyt.

Registration will often be made with a post on the pinboard in the club at a set time. Here the ones who showed up will get the priority to join the trip and if spots are left it is allowed to add non-shown-up friends to the list. Hence it is by default a must to come by the club to be able to join these trips.

Everyone has the opportunity to come up with input and ideas for the next communal trip. One possibility is to join the long-trip committee and be part of the planning. You can always contact the long-trip contact person at langturschef@asr.dk.

Besides these club arranged trips a lot of private trips is made. You can be part of these if you contact a captain with L-permission and makes a trip with him/her.

Maintenance of the boats

The boat in our club are made of wood species like ash, mahogany and cedar. An inrigger is a piece of beautiful and genuine workmanship which has its price with regard to crafting and maintenance.

ASR has one of the cheapest subscriptions in Denmark. It is only possible because part of the subscription is helping with winter preparation. You must therefore allot one weekend in the winter and a few hours either the week before or after. Together with 8-12 other members and with competent guidance you will sand, lacquer and potentially fix one or more of the boats or make the oars look sharp for the next season. The club gives a subsidy for a meal during the weekend and it is usually a fun weekend.

The system for registration is as the following:

At the end of the season an announcement about the winter preparation will be made in ASR-nyt. Every member will then register for the desired weekend and the manager for that weekend will contact you when the weekend comes closer.

If you are not registered for a weekend the material manager will assign you to a vacant spot. Remember that it is a part of the subscription to help with the winter preparation.

Get to know the other members!

It will be good for you to get to know the other members, especially those with a lot of expertise. You can join them on exciting trips and they can teach you a lot and the more you know the more fun. You can meet new members in many ways:

- Help with planning a party
- Participating in house preparation or helping with other activities
- Take part in communal rowing
- Join communal trips it can be transcendent the first time, but we have all been there. It gets easier :-)
- Chit chat with a beer or coffee after a trip can be yet another approach to planning new trips.

You can keep updated on activities in the club in the following places:

- The pin-up board in the clubroom
- The website: asr.dk (password: h2o)
- In the newsletter ASR-nyt - you are automatically signed up when you are registered as a member
- In the closed Facebook group: "Aarhus Studenter Roklub - ASR"

It is also possible to be educated to be K1-captain which is part of the basis of an active and independent row-life in ASR. You will need some experience, get some skills, and row to some needed destinations. An instructor will guide you through all of this. When you have K1 you are no longer dependent on others and can plan trips whenever suits you. It will give you both experience, responsibility and independence.

Education and how to



Instruction

Instruction is given by voluntary members who have taken an instructor course. These members will help you to get your permission to row.

You can get instruction every Tuesday at 17, Thursday at 18 and Sunday at 10

Remember to come in time or even better a little before. Teams are set based on the number of rowers shown up, and nobody wants to start over cause you were late.

Besides this organized instruction, more instruction trips will regularly be posted on Rokort and you are welcome to join them. You can use them as a supplement to the organized instruction.

Be aware that the organized instruction will end in June.

If you have not got your permission to row by the end of June you still have some possibilities to get it. But now you have the responsibility to contact one or more instructors, post instruction trips at Rokort or Facebook so you can be done with your instruction and get your permission to row.

The best tip is to try to prioritise the instruction. Try to come 1-2 times a week. In this way, you will learn the technique faster, better remember commands from each instruction trip to the next and will get your permission to row in about i month.

Some notes about instruction:

- It is the intention that you will get your instruction from 2 or more instructors
- You will have to take at least 7 instruction trips before you can get your permission to row
- You have to take the swimming-/ life jacket test
-

When you have got you permission to row you are allowed to row without an instructor in the boat. However, there must always be a captain in the boat.

It is possible to get the education to be captain in your first season in the club. Look at the club's ruleset or your member paper (the paper where your personal information is written) or ask an instructor to find out what is needed to get either permission to row or be educated to captain.

Styrbord



Bagbord

Ror

Agterrum

Agterdæk

Agterluge

Styreline

Agterskot

Styrmandssæde

Spændholdt

Remme

Fodplader

Ræling

Åregang (swivel)

Midterlangrem

(må trædes på)

Tofteliste

Sidelangrem

(til at bære i)

Køreskinne

Rullesæde

Bundbrædder

(må trædes på)

Diagonalliste

Forskot

Forluge

Skvatbord

Fordæk

Fangeline

Stævnbeslag

Håndtag

Indre skaft

Lommen

Åre hals

Ydre skaft

Sidderum

Macon

eller

Big Blades

Forrum

A little about the equipment

It is always a good idea to learn about the equipment and the most basic term to describe the layout of the boat and oars. Above a detailed graphic with the danish term for content in an inrigger is shown. A lot of these terms are the same in other types of boats.

As a new member, you only need some of these and an instructor will guide you through these as part of the instruction.

The oars

We use two types of oars in ASR:

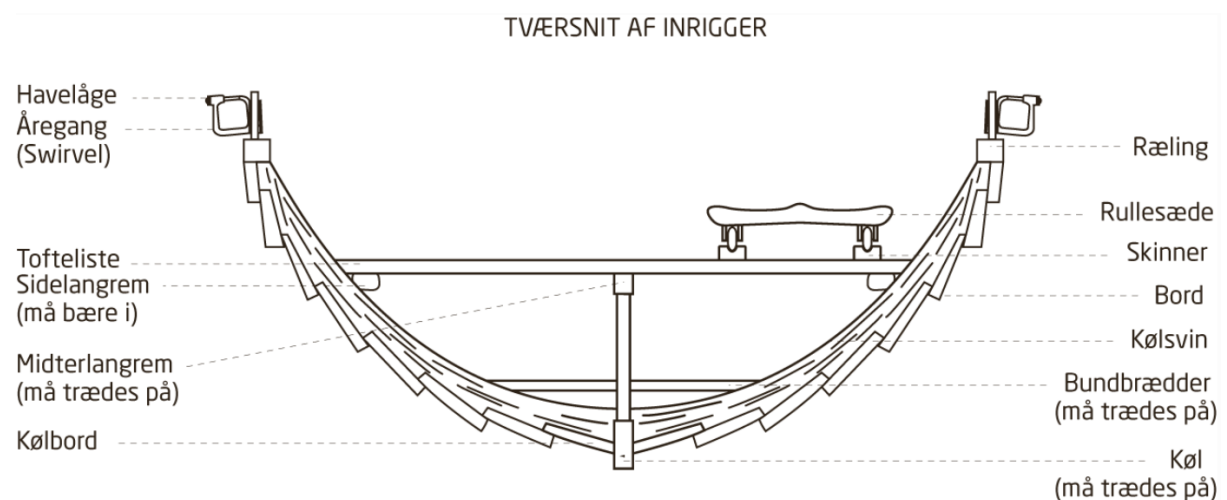
- Macon: The most common
- Big Blade: Has a rectangular and bigger blade and a shorter shaft. The give a better transmission of power but is also tougher for the body, especially for inexperienced rowers.

The colour of the blade hints at ownership of the boat.

In ASR all oar blades are blue.



Cross section of an inrigger



Starboard and portside

When rowing we differentiate between **stýrbord (starboard)** and **bagbord (portside)** since left and right can be confusing when everyone is not facing the same way

As a new rower it is important to learn these to become confident in them quickly.

Stýrbord (starboard) is the right side when looking in the natural travel direction of the boat.

- Mnemonic rule: *Starboard right, always green.*

Bagbord (portside) is the left side when looking in the natural travel direction of the boat.

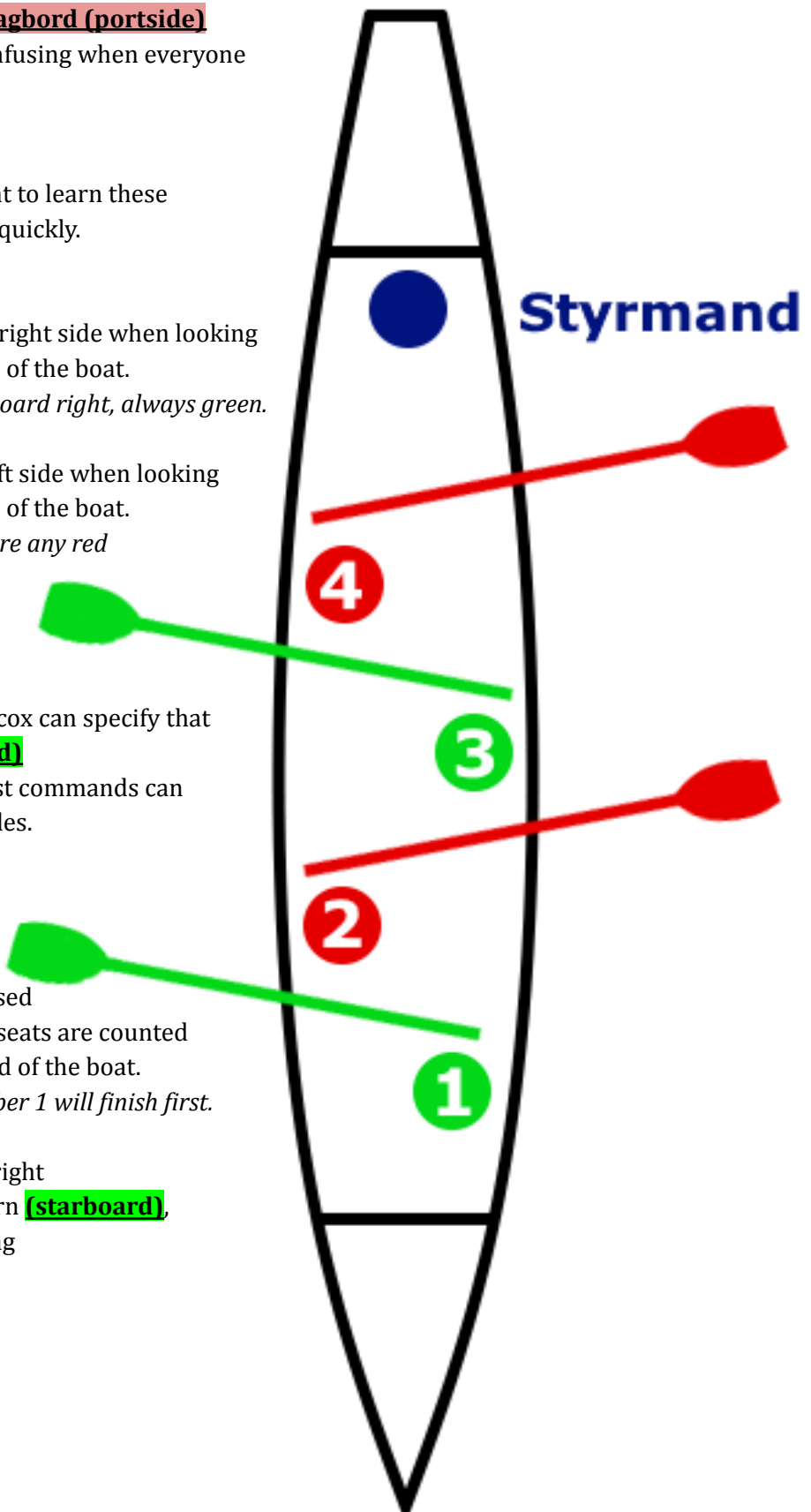
- Mnemonic rule: *Is there any red port left in the bottle?*

When giving a command the cox can specify that e.g. only rowers in **(starboard)** have to do the command. Most commands can be given to only one of the sides.

Besides **(starboard)** and **(portside)** every seat is given a number that can be used when given a command. The seats are counted from the bow, the forward end of the boat.

- Mnemonic rule: *Number 1 will finish first.*

The graphic overview to the right will hopefully help you to learn **(starboard)**, **(portside)** and the numbering



Commands

The commands you will have to use as a rower will be shown here along with their meaning. The commands have to be said in Danish such that everyone is sure about the commands used. You will get used to the command under your instruction but it will be a very good idea to practice them a few times from the table below.

When learning to row you have to learn a “new” language since you have to be clearly and precise when using the commands. It takes some time to be confident with them, but we have all been there.

Structure of a command

A command sequence has three parts:

1. Who is the command addressed to
2. What action should be done
3. Initiation of the command

For instance:

Bagbord ... til roning klar ... ro væk

... mark a short break in the sequence of commands

When the first part is left out, it is implicit that the command is for all rowers.

All commands have to be said clearly, distinctly and calmly by the cox.

Command	Execution of the manoeuvre	Purpose
Styrbord / Bagbord (S/B)	Styrbord (starboard) is the right side in relation to the sailing direction (green). Bagbord (portside) is on the left side (red).	Most commands can be assigned for one of the sides
1, 2, 3 og 4	Rowers are named according to their position in the boat, viewed from the bow.	Most commands can also be issued for one of the rowers
Commands for boarding and disembarking		
1 og 2 (3 og 4) klar til at gå ombord ... (Ready to board)	The rowers carefully place the foot closest to the boat on the “bundbræt” (the board where you are allowed to stand) between the foot-stretcher and the seat and place a hand on each gunwale. The rower still holds the weight on the bridge and awaits the next command	The rowers have to board in pairs to keep the balance

... Ombord (Aboard)	The rower shifts the weight from the bridge into the boat. The second foot is placed next to the first one, the rower sits on the roller seat and places the feet in the foot-stretcher.	
1 og 2 (3 og 4) klar til at gå fra borde ... (Ready to disembark)	The rowers roll forward on the seat, place their feet on the "bundbræt" (the board where you are allowed to stand), grab both gunwales, stand up and place the foot nearest the bridge on the bridge. The rower has the weight in the boat and awaits the next command	The rowers must get off the boat at the same time
... Fra borde (Disembark)	The rower shifts the weight from the boat onto the bridge and disembarks the boat.	
Commands for rowing		
Balance	Rowers sit in <i>vel-roet</i> -pose. The cox makes balance by moving sideways on the cox seat.	To make balance in the boat
"Vel roet" or "Det er vel" (Way enough)	Rest position. The rower sits with extended legs and arms, the back slightly bent forward. The oar is above the water perpendicular to the boat and with the blade horizontal.	Rowing must stop or cancellation of another commando
Til roning klar ... (Ready to row)	The rower rolls forward on the seat with extended arms. The oar is above the water with the blade vertical	To be ready for rowing
... Ro væk (Go)	The oar is put into the water and the rowing begins. Rowing continues until counter orders are given.	
(S/B) Småt roning (Light pressure)	The oar is pulled easily through the water, but the steering speed is maintained.	Move with slow speed
Lige træk (Equal pull)	All rows with normal strength	
(S/B) Til skodning klar ... (Ready to back)	The handle of the oar is pulled up to the chest. The handle of the oar is pulled up to the chest.	The boat has to be moved backwards

... Skod væk (Go)	The oar blade is placed in the water, the arms are extended and the rower moves forward on the seat. Backing continues until a counter order is given. The blade is horizontal between strokes.	
(S/B) Fald ind (Fall in)	Said side falls into the rowing (or backing) and rhythm done by the other side.	
Bagbord til skodning klar, styrbord til roning klar, "Skod væk", "ro væk" "skod væk" etc.	There is alternate rowing and rowing. Portside takes up the ready position for backing. Starboard remains seated in the <i>vel-roet</i> -pose. Portside backs and when the <i>vel-roet</i> -pose is passed, starboard moves forward and takes a stroke (when portside has completely finished its backing). Note that the starboard movement on the seat must be so restrained that the portside can finish the backing	The boat must be turned on the spot. The boat is turned around the side where it is backed.
Commands for the oars		
(S/B) Kvart åren (Quarter the oar)	Rowing is continued while the oar is pulled towards the rower until it is held at both sides of the collar.	Clearance narrow passages
(S/B) Åren ud (Oar out)	The oar is pushed out into place without the rowing ceasing	
(S/B) Se til åren (Watch your blades)	The rowers look to their blade. The rowers themselves then decide if the oar must be drawn in or possibly laid along	When mooring or when there are obstacles in the water
Åren langs (Oar along)	The oar is released and the body leans back so far that the oar can be passed over the head.	Before changing seats, or if there is an obstacle in the water that requires the oar to lie alongside the boat
Rejs åren (Raise the oar)	The oar must be swung from the <i>vel-roet</i> -pose to a vertical position. The handle is placed on the bundbræt close to the centre long strap. The hollow side faces stern.	When approaching a high bulwark and when saluting with the oar

Lad falde (Lower the oars)	The oar is placed carefully in the swivel which should be closed and the rower then sits in the <i>vel-roet</i> -pose.	
Commands for slowing down or stopping the boat		
Åren på vandet (Oar at the water)	The oar blade is placed on the water from the <i>vel-roet</i> -pose. The rower still holds the oar	Resting position and/or creating stability in the boat
Det er vel ... sæt i (Well done - Oar in water)	Arms and legs are stretched and the body leans strongly forward to withstand the pressure. The horizontal blade is lowered approx. 10 cm below the water surface.	Slow the boat down
... Sæt hårdt i (Hold water)	The hollow side of the oar blade is turned towards the bow, and if necessary a little backing is done NB! Only used after "Det er vel - sæt i" and when the boat has loosened some speed.	Bring the boat to a complete stop

Swimming-/ life jacket test

At the swimming-/ life jacket test you have to show that you can swim 300 meters without resting and put on the life jacket while treading water. The test has to be done when joining the club and then every other year. This is a requirement that makes it possible to not wear a life jacket when rowing and only have the life jackets in the boat.

It is possible to take the test at Århus Swim Stadium when we are doing Friday swimming. Look up the dates in the calendar in the clubroom or on the website. At the rabbit swimming event we meet outside and walk in together. If you are coming alone you just have to say that you are coming from the rowing club.

Remember to bring a padlock for the closet.

It is a tradition to go get a beer/soft drink and chat with the other members afterwards.

If you don't have the possibility to take the test at the swim stadium it can be done at the open water. You just have to schedule it with an instructor.

Permission to row and then what?

Unfortunately, a lot of new rowers don't row a lot when they are finished with instruction. It can be that the new rowers is used to come to organized instruction, and it is more unorganized now you are free to row with everyone.

We suggest that you take part in the communal rowing

Tuesday at 17, Thursday at 18 and Sunday at 12

It is a good way to make rowing a part of your weekly schedule and get to know other members of the club but still non-binding. It can also be a good way to rejoin society after a period where you have been away, for instance after the summer holiday, when you have not been in the club that much. All have experienced that it can sometimes be difficult to get going and make an appointment. Here the communal rowing comes in handy since you just have to show up on time on the days above.

We know that some new rowers can be worried about their skills in rowing compared to experienced rowers. You should not worry about that. Rowing can be compared to learning to drive.

First, when you have permission to row you will row a lot and be even better. Just be open-minded to get a correction from the more experienced rowers. Everyone can be a better rower.

Equipment for rowing

For rowing you need a boat; inrigger or outrigger; the needed amount of rowers and an appropriate outfit. What an appropriate outfit is can be answered in many ways but in general it is good to have lots of thin layers that can be put on and off when needed.

The shoes must fit in the foot-stretcher and thus need a heel that is narrower than a standard pair of running shoes.

Rowing in weekday/one-day trips:

- Outfit appropriate for the weather (t-shirt, running trousers, windproof jacket) - remember to always check the weather forecast before going on a trip
- Drinking bottle
- Waterproof suit
- Snack/lunch
- Little drybag for phone, keys etc.

Long-trip rowing /trips over more days

A detailed suggestion for a packing list can be found on the website. A pivotal part of the list is shown below:

- Drybags. max 20 L - Better use several smaller than one big drybag. It makes it easier to pack the boat
- Underwear: both for rowing and for when ashore
- Outfit for rowing and when ashore
- Shoes for rowing, when ashore and for wading
- Swimwear
- Sunglasses/cap
- Drinking bottles - preferable 2 when going in a 4+
- Eating gear, cutlery, coffee cup - glass is difficult, plastic is easier
- Towel and toiletries
- Sleeping bag, sleeping mat or sheet (if sleeping indoor), nightwear, ear plugs (people are snoring), headlamp

Checklist for new rowers

- Important dates for new rower:
 - The date for the kaningrill
 - The date for the Kanifest
 - Look up the dates at the calendar in the clubroom or on the webpage
- Facebook:
 - Our intern page: Aarhus Studenter Roklub - ASR
 - Our official extern page: Aarhus Studenter Roklub
- Pamper you instructor - cake, juice and buns are always welcome at a trip
- Rokort.dk
 - Username: Your email address. Password: Your member number
 - Instruction outside the organized times is announced here
 - Registration to communal dining and other activities
- Webpage: www.asr.dk
 - Password for the tab "MEDLEMMER" is: h2o
 - Calander for activities in the club
 - Information about rowing and the club
- Swimming-/ life jacket test:
 - Look up the dates at the calendar in the clubroom or on the webpage
- Activities:
 - Cf. page 10 in this handbook
 - Can be found on the calendar in the clubroom or on the webpage
- Contact the committee: best@asr.dk
 - Additional contact information for the individual committee members can be found at the pinboard in the clubroom and on the webpage
- Kontakt to VFF: vffbest@asr.dk

Statements from earlier rabbits

Rowing in ASR is...

*To wake up a morning with mist and wind
and ice-cold rain over the city
to meet as agreed to coffee and conversation
so long from the place, where we came
while the sun is rising, the clouds are blown away
we explore each other's dreams*

*Rowing in ASR is excellent! It is pleasant, sweaty, fun and beautiful. In turn or sometimes all in one.
It is the nicest way to explore Denmark and the best way to sight Århus. Again and again. Rowing in
ASR is also love, fantastic parties, and friendships. Rowing in ASR gives adventures for life!*

*Rowing in ASR are blisters, sore muscles, wet clothes and washing a boat in ice-cold water. But also
eating home-baked cake on a trip in the bay, harbour porpoise swimming just past the boat, great
days with sunshine, swimming where no other can. And then it is a lot of new, and exciting people,
experiencing the exceptional atmosphere in a boat on a long-trip, and last but not least the
greatest parties!!*

*Rowing is the most social sport I know - that is why I do it...
Happiness is completely still water, cutting through the surface in a boat and only hearing the
small splashes from the oars.*

ASR is the row-family that I never new that I needed, but cannot live without.