

## Spinning the boat

Has to be in first session or you finish in Ambleside!

The session plan is pretty good. Ask how we can turn the boat etc etc

The way I teach it is as follows.

Explain what we are trying to do and how we are going to row on one side and reverse one blade to back down.

Everyone in safe position, blades floating. Work in pairs stroke pair first.

**Stage 1.** Twist the handle of stroke side blade one quarter turn towards me.

Now twist the handles of both blades one quarter turn towards you. See what happens to spoons. One spoon either in position for rowing or backing down whilst the other is flat on the water. Both handles to me, to you, to me etc etc

**Stage 2.** Sit in safe position blades flat on the water. Come down the slide to me. Go back. Come forward. Blades skimming the water.

Now we need to put stage 1 and stage 2 together.

Come forward. Twist stroke side handle towards me one quarter turn. Go back.

Twist both handles towards you. Come forward.

Both handles to me. Go back.

Etc etc