



# Marlow Rowing Club

## Cox Proficiency Scheme

<b>Version</b>	2026/4
<b>Status</b>	Approved March 2026. This is a club rule under Article 65 of the Articles of Association and binding on members
<b>Documents Replaced:</b> This document replaces the following documents which will cease to have effect from the date of this document:	Previous, unimplemented, coxing & steering proficiency award

### Introduction

The Cox Proficiency Award is a graded award about experience and competence in coxing boats. It judges a person's suitability to boat under the River Access & Navigation Safety Policy [Marlow RC - River Access & Navigation Safety Policy](#). There are separate Foot Steering, Sweep and Sculling qualifications.

### Pre-Conditions

Passing the club Safety Training Modules is a pre-requisite of any award under this scheme and the assessor under this scheme is free to re-test any part of the navigation knowledge and fail candidates under this scheme if they do not know the content.

You must have an up-to-date Swim Test/Capsize Drill.

You must have adequate vision and hearing to command a boat.

## Assessors

The Captain will appoint a Cox Educator and Cox Award Assessors, which cannot be the same person. In general, these will be British Rowing Level 2 qualified coaches or higher. Additional competent persons may also be appointed where the Committee deems it appropriate.

## Record Keeping

Cox Assessors will be responsible for informing the designated Safety Records Admin (cc the Safety Officer) when they approve the award.

## Appeals and Complaints

The Scheme is administered by the Captain, the Safety Officer, and the Committee. Appeals, complaints, and comments should be addressed to the Captain through the squad representative.

## Prior Experience

The Cox Assessor may take into account previous experience for those seeking assessment who have significant coxing experience. The following standards are the minimum to be met:

Silver - Win as a cox at a BR Junior, Senior or Masters Event (excluding development categories) as evidenced in the British Rowing Almanac.

Gold:

- Win in sweep boat at a BR Junior, Senior or Masters Championship Level Event, or
- Qualified or pre-qualified for HWR, HRR sweep event, or
- GB Talent Pipeline as a cox - trialist and above

## Training and Assessment

### Bronze

Participants will have attended the British Rowing Coxing Workshop with the Cox Educator and then successfully passed the theory and practical assessments as judged by the Cox Assessor. They must complete the club on-land assessment (Appendix 1).

### Silver

With the support of the Cox Educator or squad coach, the cox will have successfully demonstrated their competence in a British Rowing event of a similar level of challenge to Marlow Spring, Marlow Town or another two or three lane river regatta.

## Gold

With the support of the Cox Educator or squad coach, the cox will have successfully demonstrated their competence in the following:

- Successfully coxing a Tideway Head and
- Successfully coxing a multi lane event, such as those held at Dorney or Holme Pierrepont
- Successfully negotiating travel through the Marlow lock and coxing on the lower stretch

## Below lock approval

There is no separate below-lock endorsement, but candidates are expected to know the circulation patterns and risks below the lock when questioned. Members should exercise common sense when steering - the river below the lock has different hazards and while the technical skill is the same, you should not steer through or below the lock for the first time without launch cover or assistance from others who know the stretch.

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## Appendix 1 River Access and Navigation

In particular, the Candidate should show a thorough knowledge of the following:

### 1. Safety Lights

- a) Know the stream conditions that initiate a safety light change to:
  - i. Amber
  - ii. Red.
- b) Know where you would obtain information on stream conditions.
- c) Know the water temperatures that initiate a safety light change to both amber and red and the consequence on allowable boat size. Know how to determine the water temperature.
- d) Know the fog protocol and what to do if fog descends while boated.
- e) Know the thunder and lightning protocol and what to do if thunder and lightning appear while boated.
- f) Know to make a dynamic risk assessment before boating.

### 2. Circulation Pattern

- a) Know the circulation pattern and the type of turn that should be executed at each turning point under green conditions.
- b) Know how the circulation pattern changes under amber conditions.
- c) Know where "race pieces" should stop at both the top end and the bottom end of the Marlow stretch.

### 3. Visibility/ Night/ Early Morning Rowing

- a) Know what boat lights are needed and where they should be placed.
- b) Know that during dusk and dawn conditions Hi Vis- not fluorescent - is required to be worn by at least bow and stroke.
- c) Know to steer a course tighter to the bank when visibility is low.

#### 4. Capsize

Explain the safety procedure of how to try to avoid capsize and what to do in the event of a capsize.

#### 5. Incident Reporting

Know that incidents should be reported as soon as possible on the British Rowing website.

## Appendix 2 on Land Assessment Sheet

Element	Outcome	Comments
Safety light changes		
1. Flow		
2. Temperature		
Protocols		
3. Fog protocol		
4. Thunder/lightening protocol		
Circulation pattern and changes		
5. Green		
6. Amber		
Rowing in the Dark		
7. Lights		
8. Hi Vis		
9. Steering line		
General		
10. Pontoon hazards		
11. Capsize protocol		
12. Describe a ferry glide		

## Appendix 3 Useful links

<https://www.marlowrowingclub.org.uk/members/safety-information/>

<https://www.britishrowing.org/knowledge/courses-qualifications/coxing/>

<https://www.britishrowing.org/knowledge/the-coaching-stream/rower-development-guide/>

<https://www.britishrowing.org/knowledge/club-support/club-governance/club-safety/incident-reporting/>