



How To Launch and Recover Valerie



Launching and Landing Valerie



1. Your Cox will collect emergency grab bag and Radio
2. What to wear
In winter months, the over the knee Waterproof socks are very good.
www.chillcheater.com
Layers!
Shoes that will drain.
3. What else to bring
Lifejacket or Buoyancy Aid
Drink Bottle



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2. With cover still on
Carefully guiding out of boat park using jockey
wheel steering... you need a wide turn



3. Do Not push or pull on the black upright
guides (part of the trolley) they are NOT strong
PUT THE BUNG IN!



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4. Reversing down to launch point (winch not necessary with enough hands)



5. Relatively standard trolley launch process for dinghy sailors



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6. Trolley launch



7. Afloat



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8. Hold boat in shallows so rudder can be attached



9. Rudder slots on to vertical pins



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10. Crew board one-by-one in seat order, sort feet, check and open



11. Cox keeps boat from grounding with crew oars, and can also use an oar to push bow around to face correct direction.



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12. Cox coordinates crew to maintain position with oar strokes, from seats 1 and 2.



13. Cox shoves off and is last to board as crew edge boat away from shore with light oar strokes



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14. Head off and have some fun... remember to smile!



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15. Returning to shore, oars shipped, crew member out to steady boat, general seat 1 gets out first.
Secure the gates to prevent damage.



16. Cox immediately removes rudder and gently places into boat, its heavy and scratchy



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17. Steady boat whilst everyone disembarks, help crew members out.



18. All oars/kit stowed in boat, get trolley



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19. Get winch rope
Note: you must be over 18 yrs and
“winch trained” to operate (informal)



20. It's a long way at low tide!



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21. Cox and crew guide Valerie onto trolley



22. Attach winch rope over jockey wheel handle and onto trolley's handles. Ensure line and carabiner have secured Valerie, but you have flexibility for jockey



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23. Communicate clearly when ready for winching



24. Guide boat throughout winching and ensure everyone is clear of rope, at low water you need a spotter half way up the beach



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25. Two turns of rope on winch and ensure safe operation and rope recovery - training required to operate



26. Guide Valerie with jockey wheel, staying clear of winch rope, and not using the black trolley guides.



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27. Smile... after a successful launch, a fun row, and a good landing. Now drown Valerie in fresh water, a good hosing, esp. on the seat runners, get the sand out. Bung out. Return radio and grab bag. Cover on before you try to maneuver her into her space, to help protect her rear end! Report any issues to Class Captain rowing@hisc.co.uk



BE SAFE ON THE WATER!