

WHAT YOU NEED

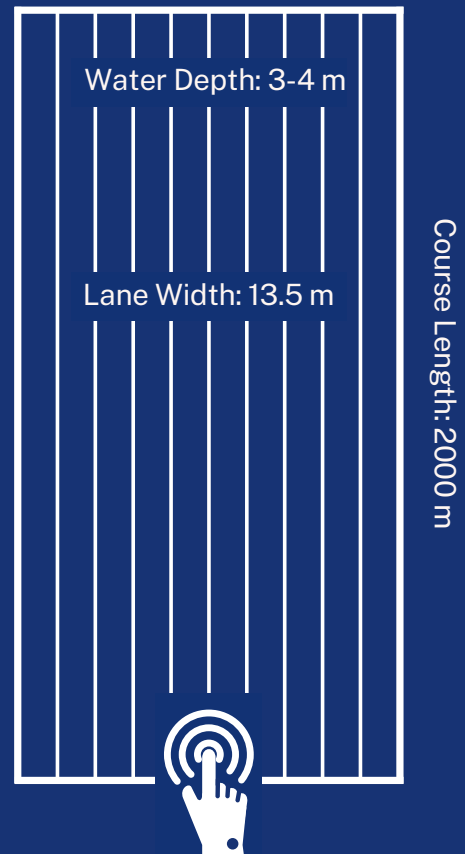
Boat

The type of boat you need depends on the discipline — sculling or sweep rowing. Single sculls (1x) are for solo rowers, while doubles (2x) and quads (4x) are common for team sculling. In sweep rowing, pairs (2-), fours (4-), and eights (8+) are used, often with a coxswain in larger boats.

Oars

Rowing requires specific oars depending on the style of rowing. Scullers use two shorter oars, called sculls, while sweep rowers handle one longer oar per person. Modern oars are typically made of carbon fibre for strength and lightness. The blade shape also varies — Macon blades are traditional, whereas hatchet blades provide more surface area for powerful strokes. Oars are secured in oarlocks attached to the riggers, allowing for controlled movement throughout the stroke.

THE ROWING COURSE



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