

Dutch Rowing Commands

Text with voice-over

General:

- Exclamation marks indicate a command.
- Parentheses indicate the equivalent English rowing term.
- Commands are identical for sculling and sweep rowing .
- Specific sweep rowing commands are in *red italics*

For a complete glossary of English rowing terms, see:
http://en.wikipedia.org/wiki/Glossary_of_rowing_terms

Prepare outing



1. Aan de boorden! 
2. Uitschuiven / Uitrijden! 
3. Tillen gelijk! 
4. Voorwaards! 
5. Zwenken! 
6. Draaien met de kiel over: 
 1. ..de brug!
 2. ..Leidschendam!
7. *Tenen op de rand, ver weg zetten!* 
8. Op de rand zetten! 
9. Overslagen los! 
10. Klaarmaken om in te stappen! 
11. Instappen gelijk: Eén, twee, drie! 

Text in Italic applies to B-type boats (or true "shells")

1. Hands on, ready to lift.
2. Move the boat from the fixed berth/ride the trolley out
3. Lift the boat!
4. Forward!
5. Turn towards /from the embankment ("Swing it")
6. Roll-over with the keel facing:
 1. The bridge!
 2. Leidschendam!
7. *Toes on the edge of the bank and put the boat in the water, away from the bank*
8. Put the keel on the edge! (C-Boats only!)
9. Open the gates!
10. Get ready to sit in!
11. Sit in: One, two, three!

Leaving the “Vlot” (raft or bank)



General: To stop a (temporary) action other than regular rowing, say: **Bedankt!** 🔊

To get attention: say: **Opgelet!** 🔊

1. Voetenbord stellen ! 🔊

2. Eén klaar ?, Twee klaar ?, etc. 🔊

3. Uitzetten! 🔊

4. Slag: strijken bakboord! 🔊

5. Slag: strijken stuurboord! 🔊

6. Boeg: halen bakboord! 🔊

7. Boeg: halen stuurboord! 🔊

8. Allen: strijken gelijk..Nu! 🔊

9. Allen: halen! 🔊

1. ..beide boorden!

2. ..stuurboord!

3. ..bakboord!

1. Adjust stretchers (footboards)!

2. Ask rowers if they are ready

3. “Hands out”! (Push away)

4. Stroke: back down port!

5. Stroke: back down starboard!

6. Bow: stroke port!

7. Bow: stroke starboard!

8. All: back down..Go! (both sides)

9. All: stroke

1. both sides!

2. starboard!

3. port!






Start & speed control



- | | |
|----------------------------|---------------------------------------|
| 1. Slag klaar maken! 🗣️ | 1. “Back stop” |
| 2. Slag klaar, Af! 🗣️ | 2. “Ready all, row!” |
| 3. Laat lopen! 🗣️ | 3. “Let it run!” ¹⁾ |
| 4. Bedankt ! 🗣️ | 4. “Easy off”! ¹⁾ |
| 5. Spoelhaal! (... nu!) 🗣️ | 5. “Paddle” (Light stroke) (... now!) |
| 6. Lichte haal (..nu!) 🗣️ | 6. “Medium paddle!” |
| 7. Stevige Haal (..nu!) 🗣️ | 7. “Strong paddle!” |
| 8. Harde haal (..nu!) 🗣️ | 8. “Full pressure!” |
| 9. Stoppen! 🗣️ | 9. “Hold it up”!: (emergency stop) |

Maneuvering



1. Houden! 
 1. ...Beide boorden
 2. ...Bakboord
 3. ...Stuurboord
2. Stuurboord Sterk! 
3. Bakboord Sterk! 
4. Slippen: 
 1. Beide boorden
 2. Bakboord / Stuurboord
5. Rondmaken over 
 1. ..Stuurboord!
 2. ..Bakboord!

1. "Hold!"
 1. Both sides
 2. Port side
 3. Starboard side
2. Strong on starboard side
3. Strong on port side
4. Blades alongside:
 1. Blades along both sides
 2. Blades along port / starboard side
5. Spin turn:
 1. ...Starbord Go!
 2.Port!

Landing



1. 📢 We gaan landen aan :

1. Stuurboord
2. Bakboord

2. 📢 Lichte haal!

3. 📢 Laat lopen!

4. 📢 Bakboord / Stuurboord riemen hoog!

5. 📢 Klaar om te houden!

6. 📢 Houden nu!

7. 📢 Klaarmaken om uit te stappen!

8. 📢 Uitstappen gelijk: één,twee,drie!

1. We are about to land on:

1. Starboard side
2. Port side

2. Medium paddle!

3. Let it run!

4. Port-side / starboard-side Oars high!

5. Prepare to check her down!

6. Check her down now!

7. Prepare to disembark!

8. Disembark now: one two three!

Landing Sequence

- Only click once to start the sequence
- Click on the icons to repeat commands after playing the sequence

