

COMMANDS

Let it Run	Stop paddling
Hold the Boat	Drive your paddle down vertically into the water and hold it firm
Hold the Boat Hard	Drive your paddle down into the water doing a back stroke and then hold firm vertically in the water
Back paddle	Put your paddle into the water behind your hips and drive it down and forward opposite to a forward stroke
Stop	Very seldom used --Signs of panic in a novice Steersperson This call is not a good command as it does not indicate what to stop
Sit up	Paddlers sit up in a uniform position relaxed but alert ready for the next command
Paddles Up	Paddlers lean forward rotating from the lower back paddle extended forward up over the water in the catch position
Take it away	Paddlers start paddling at a gentle pace and effort level
Ready Ready	Call before a race Paddlers instantly respond getting into the catch position
Go !!!	Paddle immediately. At a start or from Paddles Up. Replaces the leisurely Take it Away.
Up!!!	Command to tell the paddlers to increase the speed/tempo of their stroke. Very important not to push the team's stroke rate up to the point it starts to lose sync. Also very important to project your voice to the paddlers at the front of the boat so they bring the stroke rate up or you may find the back of the boat rushing the stroke causing the team to lose sync and power.
Draw	Paddlers reach out at right angles to the boat plunging the paddle into the water and pulling the boat to the paddle
Front Left Draw	Front Left 3 paddlers or front left quarter draw
Front Right Draw	Front right 3 paddlers or front right quarter draw
Back Left Draw	Back left 3 paddlers or back left quarter draw
Back Right Draw	Back right 3 paddlers or back left quarter draw
Left Side Draw	All paddlers on left side draw

LEFT SIDE DRAW	All paddlers on left side draw
Right Side Draw	All paddlers on right side draw
Pry / Push	Similar list of calls as draw only the paddle is inserted into the water close to the boat and pushed away or pried away from the boat at right angles often used in conjunction with the call to draw
Brace the Boat	The paddlers put there paddles on the water surface at right angles to the boat moving them back and forth with a slight downward pressure to stabilize the boat
Lengthen	Paddlers extend their reach forward to maximize the stroke length
Series	This is a call for a prearrange set of strokes often with increased power and tempo
Power	This is a call for more power, effort
Finish	This call lets the paddlers know that they are within a predetermined distance of the finish line. This call tells the paddlers if they have any extra ability/strength to give it NOW
Back it Down	Paddlers in the boat paddle backwards in unison. Call is often used when moving the boat away from the dock or at a race start to move your boat back into position
Stroke	Steersperson will call give me "one stroke" The number of strokes in the call can vary. This call is used when positioning the boat