



HOW TO USE A ROWING MIRROR

The idea of mirror use is to be able to have a more consistent view of what is behind you without having to disrupt your stroke by turning around.

Positioning the mirror

- Consider waiting to put on your mirror until you are at the dock, given the risk of knocking it off your hat while moving the boat.
- Place it on the right side because of the flow of traffic
- Be able to see the tip of your ear for a point of reference.
- Set the height so that you don't have to move your head up or down much to see the bowball.

Use

- Sweep of the head
 - Starting with the bowball, just turn your head left and right slightly, enough to see a good amount of what is coming in front of you.
 - Tip your head a bit to see a little further in front of the boat.
 - Remember that objects in the mirror are closer than they appear.
 - Do a sweep every 5-15 strokes depending on the debris/traffic.
- Turns
 - Use the mirror, shore, and bowball as reference.
 - Check every 3-5 strokes and adjust to make a slow turn, more often for a sharp turn
- Straightaways
 - Adjust your point using your mirror and the bowball and the shore for reference
 - Once you have a good course set, watch your stern relative to shore/bridge or anything handy in your line of sight to keep a straight course.
 - Once you've done a good sweep to make sure there is no debris ahead, check less frequently, every 10-15 strokes, until you come upon a turn or a reason to maneuver.

Practical tips

- If you notice something in your mirror that you are unsure about, turn around to look and get a better view of the obstacle.
- Keep in mind that the mirror image is two dimensional; it may be bigger or deeper than it appears
- Remember that your oars also need to clear an obstacle!
- Get to know your blind spot and your field of view. Get used to how much you can see by turning your head. Think about what you can't see and where it might be relative to the boat.

Where to buy a rowing mirror

- Bike shops, for mirrors that clip to visors or glasses.
- Google "sculling mirror" for mirrors that attach to headbands or additional options. You can find some on Amazon.
- Both circular and rectangular options are available.