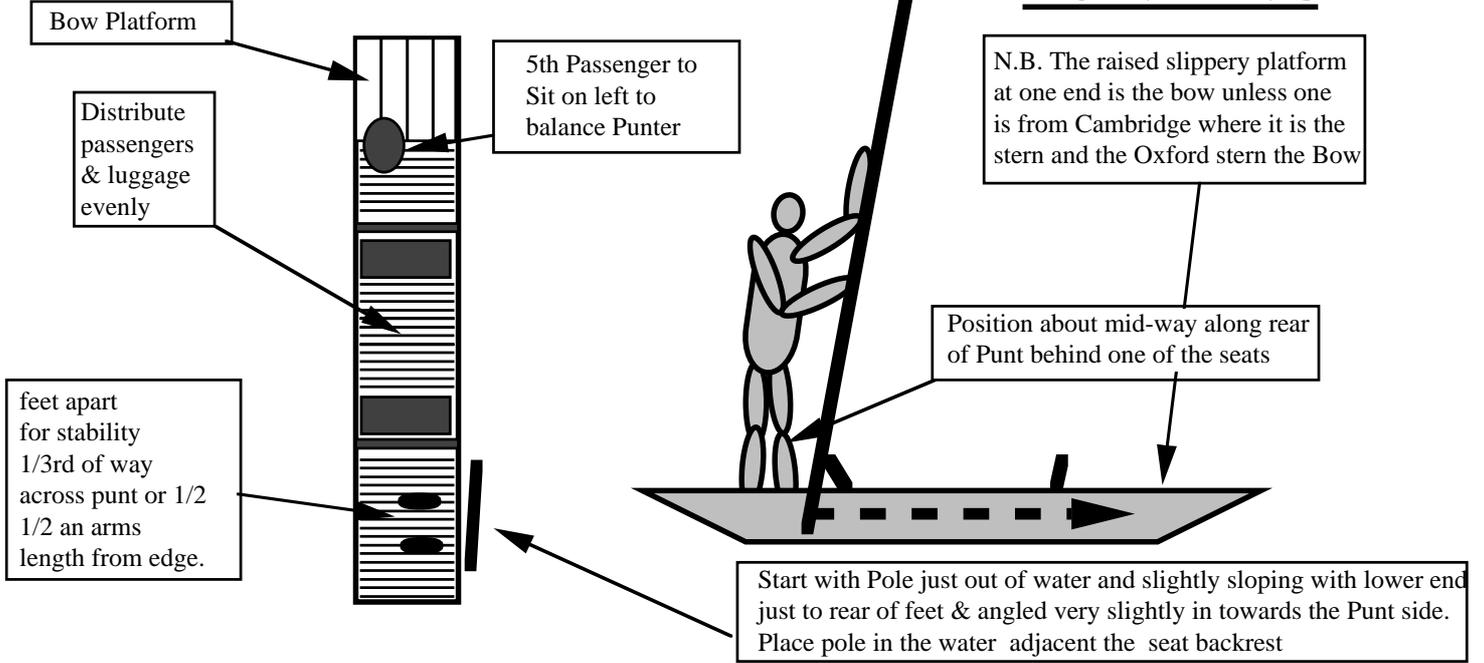


# 1. The Starting Position

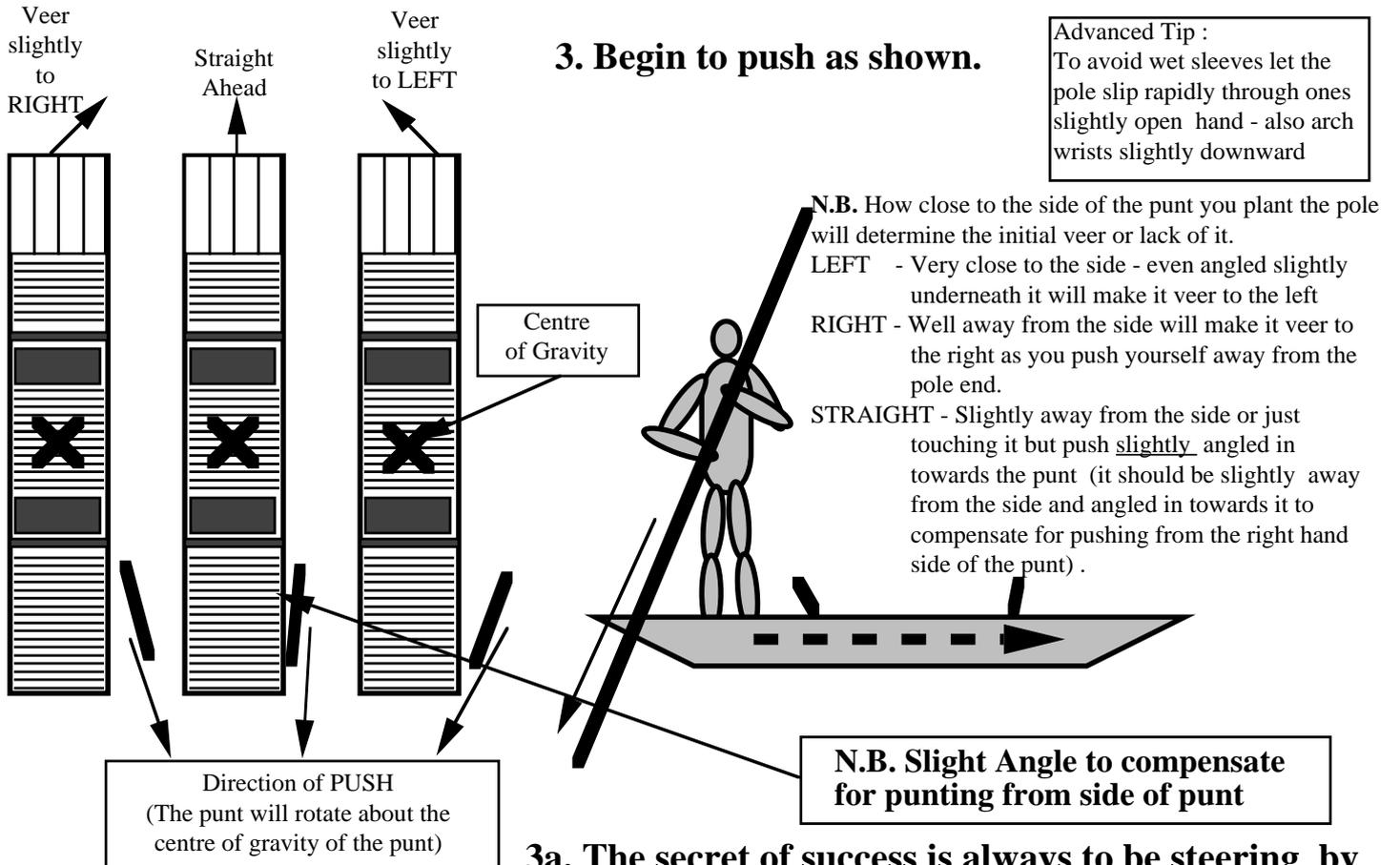


# PUNTING

N.B. The raised slippery platform at one end is the bow unless one is from Cambridge where it is the stern and the Oxford stern the Bow

## 2. Drop Pole until it hits the river bed - but don't let go.

## 3. Begin to push as shown.



Advanced Tip :  
To avoid wet sleeves let the pole slip rapidly through ones slightly open hand - also arch wrists slightly downward

## 3a. The secret of success is always to be steering by pushing and pulling the punt towards or away from the pole as you push on it

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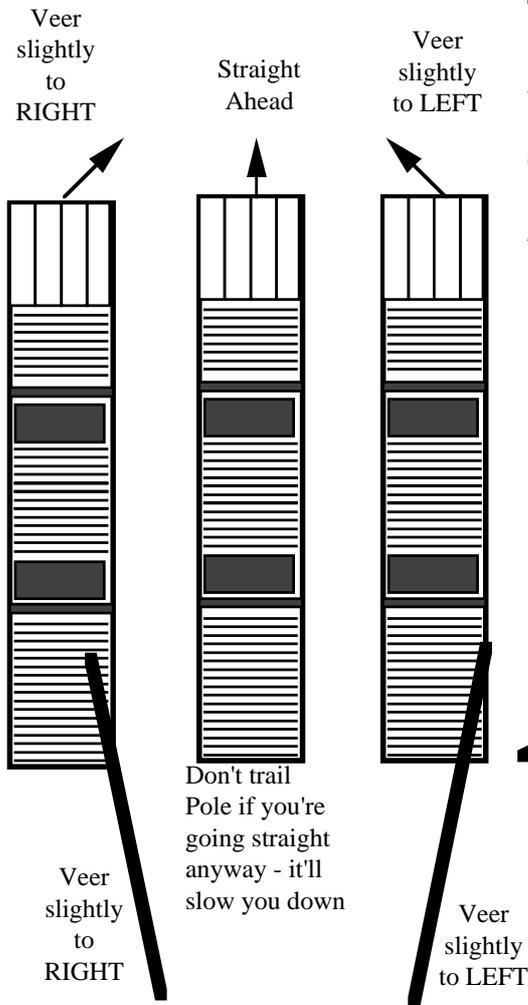
**NB:** This explanation of punting is for information only and should not in any way be construed as advice concerning safe or appropriate punting . All punting involves a degree of risk and you should take appropriate professional advice and safety measures before punting.

#### 4. Stop pushing

#### 5. Twist the pole (to break mud suction)

#### 6. Raise pole from river bottom

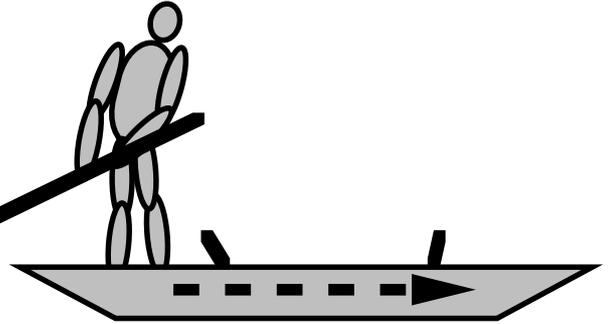
#### 7. Momentarily trail pole in water & use pole as a rudder to correct course (only if needed as this will slow you down)



#### 8. Rapidly raise pole to original position with end just out of the water

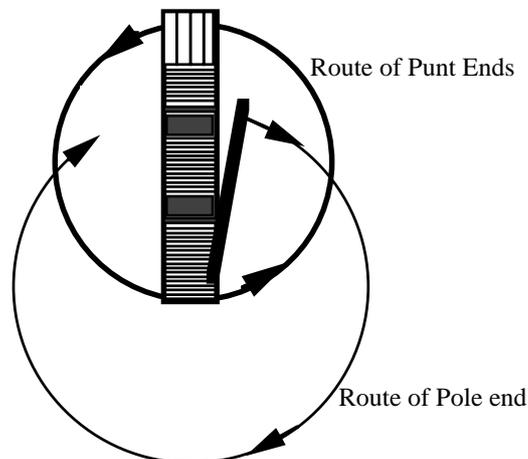
(arch wrists very slightly downwards to prevent water dripping down sleeves)

#### 9. Repeat from 1.



#### EXTRAS :

**For a rapid 180 degree turn :**  
**Place pole as shown near the water surface (but beneath it) and sweep around - this may need repeating to turn the punt fully. The Punt will turn about it's centre of gravity but in the opposite direction.**



- Build up speed before Bridges & Trees to coast under them
- Use punt pole stuck in mud to pinion the punt to the bank when mooring at the bankside rather than a jetty
- If the pole gets stuck - try twisting it but if all else fails **LET GO** (of the punt pole) rather than fall in! Use the paddle to return to the pole afterwards.
- If you fall in don't drink the water. If you do - see a doctor!
- Only let one person stand at a time especially when changing over punters.

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