

Swan Creek Rowing Club



Lambertville, New Jersey

Swan Creek Rowing Club \* P.O. Box 153 \* Lambertville, NJ 08530 \* www.swancreekrowing.com

**Basic Sculling Skills Checklist – ADULT / YOUTH**

Each prospective new member will demonstrate basic sculling proficiency and complete section 1 (and optionally section 2) of the basic sculling skills checklist shown below, as follows:

- **Section 1:** Completion of ALL items in this section, plus the appropriate signature, **is required for club membership**. Section 1 may be completed under the supervision of either a Learn-To-Row group clinic coach OR a club-appointed private coach.
- **Section 2:** Completion of ALL items in this section, plus the appropriate signature, **qualifies a club member to row a single scull independently**. Section 2 can be completed only under the supervision of a club-appointed private coach.

**NOTE:** A sculler who completes either or both sections of the skills checklist will be classified as a **novice** for the duration of his/her first season and will adhere to all rules pertaining to that classification.

**Section 1 (to be completed by Learn-To-Row or private coach)**

YES	SKILL
	Watched the USRowing Safety Video – date:
	Safely takes the boat off the rack, safely brings the boat down to the water, and safely re-racks the boat
	Gets into the boat safely
	Executes emergency stop
	Executes turn in place
	Executes backing stroke
	Brings the boat safely to the shore
	Gets out of the boat safely
	Demonstrates understanding of what to do if the boat rolls over or takes on water
	Received the information packet that includes the Safety Guidelines and Boat Handling procedures, both of which are posted on the SCRC web site: www.swancreekrowing.com

Section 1 completed: Sculler’s Name (please print): \_\_\_\_\_

LTR / Private Coach Name (please print): \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**REMINDER: ALL items in Section 2 (next page) must be completed before a club member qualifies to row a single scull independently.**

When completed, please return the checklist to the SCRC membership coordinator.

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Section 2: Completion of ALL items in this section, plus the appropriate signature, qualifies a club member to row a single scull independently. Section 2 can be completed only under the supervision of a club-appointed private coach.

NOTE: A sculler who completes either or both sections of the skills checklist will be classified as a novice for the duration of his/her first season and will adhere to all rules pertaining to that classification.

Section 2 (to be completed by private coach ONLY)

Table with 2 columns: YES, SKILL. Rows include: Demonstrates understanding of safety skills to effectively respond to changing weather patterns, Demonstrates an understanding of what each color flag means, Demonstrates knowledge of upstream and downstream limits, Demonstrates knowledge of where hazards are located, Demonstrates knowledge of river traffic patterns, and ability to navigate with other rowers, powerboats, jet skis and tubers, Demonstrates habit of looking back to navigate, Successfully and safely rows upstream and downstream

Section 2 completed: Sculler's Name (please print): \_\_\_\_\_

Private Coach Name (please print): \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Clause (for Youth members only): I understand that my child passed the Swan Creek Rowing Club (SCRC) Basic Sculling Skills Checklist sections 1 and 2. SCRC requires any individual desiring to row a single scull independently to pass both sections of this test. By signing this document, I give my child permission to row alone. I understand the dangers involved with the sport of rowing.

Parent/Guardian Name (please print): \_\_\_\_\_

Signature & Date: \_\_\_\_\_

When completed, please return the checklist to the SCRC membership coordinator.