BASIC SKILLS CHECKLIST FOR SCULLERS & COXLESS CREWS

Instructors: Please check off each skill as the member demonstrates proficiency. Upon completion of this checklist the member is qualified to row the boat designated below. To row a higher-end boat, the member must be checked off by an instructor for the particular boat.

Safety _____Understands meaning of the flag colors _____Can explain what to do if the boat rolls over _____Is aware of the club safety rules _____View US Rowing safety DVD	**Navigation and Skills** _____Looks back frequently _____Navigates upstream/downstream with awareness of other traffic on river _____Follows the rowing traffic pattern (north on NJ side, south on PA side) _____Knows upstream and downstream limits _____Identifies hazard locations _____Executes an emergency stop _____Turns in place _____Backs the boat using the backing stroke _____Demonstrates essentials of good rowing technique: balance, catch, drive, release & recovery
Launching Boat Handling _____Close drain plugs _____Insure nuts are tight _____Safely takes boat off rack _____Safely carries boat down to water _____Adjusts foot stretcher appropriately _____Puts blades in oar locks properly _____Gets into boat properly, without falling in water _____Prevents boat from grounding on shore	**Returning and Racking the Boat** _____Returns to shore safely, navigating boat traffic _____Exits boat properly and without falling in the water _____Prevents boat from grounding on shore _____Removes the blades and places them on the shore (not on the boat ramp) _____Safely carries the boat back to the rack _____Properly ties down the boat _____Wipes off the boat _____Opens the drain plugs

Boat Qualified to Row:_____ **Navigation Restrictions**:_____

Member _____ _____ _____
Name (printed) Signature Date

Instructor _____ _____ _____
Name (printed) Signature Date

Student Clause A: I understand that my child passed the Swan Creek Rowing Club (SCRC) Basic Skills checklist. SCRC requires any individual desiring to row alone to pass 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 (printed) Signature Date

Student Clause B: My child has previously passed the SCRC Basic Skills checklist and I gave my permission for my child to row alone. This year, I give my permission for my child to row alone without being re-tested (skills checklist and flip test). I understand that my child must row with a buddy.

Parent/Guardian_____ _____ _____
Name (printed) Signature Date

Revised: July 13, 2014