

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.

<p>Safety</p> <p><input type="checkbox"/> Understands meaning of the flag colors</p> <p><input type="checkbox"/> Can explain what to do if the boat rolls over</p> <p><input type="checkbox"/> Is aware of the club safety rules</p> <p><input type="checkbox"/> View US Rowing safety video</p>	<p>Navigation and Skills</p> <p><input type="checkbox"/> Looks back frequently</p> <p><input type="checkbox"/> Navigates upstream/downstream with awareness of other traffic on river</p> <p><input type="checkbox"/> Follows the rowing traffic pattern (north on NJ side, south on PA side)</p> <p><input type="checkbox"/> Knows upstream and downstream limits</p> <p><input type="checkbox"/> Identifies hazard locations</p> <p><input type="checkbox"/> Executes an emergency stop</p> <p><input type="checkbox"/> Turns in place</p> <p><input type="checkbox"/> Backs the boat using the backing stroke</p> <p><input type="checkbox"/> Demonstrates essentials of good rowing technique: balance, catch, drive, release & recovery</p>
<p>Launching Boat Handling</p> <p><input type="checkbox"/> Close drain plugs</p> <p><input type="checkbox"/> Insure nuts are tight</p> <p><input type="checkbox"/> Safely takes boat off rack</p> <p><input type="checkbox"/> Safely carries boat down to water</p> <p><input type="checkbox"/> Adjusts foot stretcher appropriately</p> <p><input type="checkbox"/> Puts blades in oar locks properly</p> <p><input type="checkbox"/> Gets into boat properly, without falling in water</p> <p><input type="checkbox"/> Prevents boat from grounding on shore</p>	<p>Returning and Racking the Boat</p> <p><input type="checkbox"/> Returns to shore safely, navigating boat traffic</p> <p><input type="checkbox"/> Exits boat properly and without falling in the water</p> <p><input type="checkbox"/> Prevents boat from grounding on shore</p> <p><input type="checkbox"/> Removes the blades and places them on the shore (not on the boat ramp)</p> <p><input type="checkbox"/> Safely carries the boat back to the rack</p> <p><input type="checkbox"/> Properly ties down the boat</p> <p><input type="checkbox"/> Wipes off the boat</p> <p><input type="checkbox"/> Opens the drain plugs</p>

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