

## SCRC BASIC SKILLS CHECKLIST

**Instructors:** Please check off each skill as the member demonstrates proficiency and return the completed checklist to the membership coordinator. 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><b>Safety</b></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"/> Understands the hazards of rowing in cold water (e.g., cold water shock and hypothermia)</p> <p><input type="checkbox"/> Is aware of the club safety rules</p> <p><input type="checkbox"/> Is aware river navigation</p> <p><input type="checkbox"/> Viewed US Rowing safety DVD</p>	<p><b>Navigation and Skills</b></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"/> Completes river navigation tour</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 &amp; recovery</p>
<p><b>Launching Boat Handling</b></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><input type="checkbox"/> Ensure that heel tiedowns are present, tightly knotted, and don't exceed 2" in length</p>	<p><b>Returning and Racking the Boat</b></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