

## BASIC SKILLS CHECKLIST

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 (e.g., water height, current, wind, temperature)
- \_\_\_\_\_ View US Rowing safety DVD

### 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
- \_\_\_\_\_ Mounts the boat properly and without falling in the water
- \_\_\_\_\_ Prevents boat from grounding on shore

### Navigation and Skills

- \_\_\_\_\_ Looks back frequently
- \_\_\_\_\_ Navigates upstream and downstream while being aware 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 sculling technique: balance, catch, drive, release & recovery

### Returning and Racking the Boat

- \_\_\_\_\_ Returns to shore safely, navigating boat traffic
- \_\_\_\_\_ Dismounts 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 \_\_\_\_\_

Instructor \_\_\_\_\_  
Name (printed) Signature Date

Student Clause: 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