



Sculling Proficiency

REC. ZEPHYR | RACER

SCULLING TEST PROCEDURE

| PASS | FAIL | PASS | FAIL | CRITERIA |
|------|------|------|------|---|
| | | | | Pre-Qualification |
| | | | | • Verify membership / fee status |
| | | | | • Use of sign out log |
| | | | | • Describe boat traffic pattern and rules |
| | | | | • Of the river |
| | | | | • State hours for logbook sculling |
| | | | | • State rules for using bow / stern lights |
| | | | | • http://www.usrowing.org/safety/safetyvideo |
| | | | | • Describe cold-water rules and cold water immersion priorities |
| | | | | Prepare dock & carry oars |
| | | | | Un-rack boat and carry to dock (with / without assistance) |
| | | | | Set boat in water, avoiding skeg damage |
| | | | | Place oars in oarlocks correctly |
| | | | | Position foot-stretchers correctly |
| | | | | Enter boat safely |
| | | | | Demonstrate understanding of correct foot-stretcher position |
| | | | | Launch from middle of dock |
| | | | | Row 500 m full slide while adhering to traffic patterns with blades generally off the water |
| | | | | Safely execute an emergency stop on the command "Check it down!" |
| | | | | Confidently execute a 180 degree turn |
| | | | | Row 1,000 m full slide while adhering to traffic patterns with blades generally off the water |
| | | | | Safely stop on the command "Weigh enough" |
| | | | | Safely look over port shoulder while rowing on hearing the command "Look port" |
| | | | | Safely look over starboard shoulder while rowing on hearing the command "Look starboard" |
| | | | | Confidently execute a 180 degree turn in the opposite direction |
| | | | | Row 500 m back to dock and land safely within two attempts without crashing into the dock |
| | | | | Exit the boat safely and remove the oars |
| | | | | Carry the boat to the slings or rack |
| | | | | Recover the oars and close the dock area |
| | | | | Wash the boat, open port covers and re-rack |
| PASS | FAIL | PASS | FAIL | OVERALL (CIRCLE) |

*I attest that I have observed the rower demonstrate competence in all of the required skills

*I recommend the rower complete a further _____ km of practice prior to a retest

Signature of Test Administrator: _____ Date: _____

Note: A Board member or designate may waive the Captain's Test requirement for any member deemed proficient by prior experience.

Signature of President for Waiver: _____ Date: _____

(Return the completed form to the Rowing Coordinator – You will be provided with a copy via email)

(*Delete as appropriate)