

Sculling Certification Checklist

Rower Name: _____

Coaches: must use 24s to do certification test

Preparatory

- Viewed the USRowing Safety Video
- Knows how to contact EMS, knows where safety blankets are in boathouse, knows where emergency take out spots are on the lake
- Knows to row with a partner from Oct 31 - May 1 for safety

Before Launching

- Knows what are unsafe conditions? (wind, fog, lightning)
- Safely takes the boat off the racks and places on dolly
- Knows how to use boat check-out log
- Knows how to use the boat reservation system

Launching

- Knows club oars vs. private oars.
- Knows how to transport boat safely on dollies (knows to push from bow to keep skeg from hitting ground)
- Checks for damage before launching
- Screws down the portholes
- Check to make sure the self-bailer is closed
- Knows lake traffic pattern
- Aware of shallow and hazardous areas on the lake

Rowing Ability

- Is able to turn the boat 180 degrees in either direction
- Is able to stop on command
- Is able to land the boat at the dock forwards and backwards
- Knows how to follow the traffic pattern on the lake

Capsize test

- Knows how to perform self-rescue after capsizing shell
- Knows how to use the self-bailer

Returning to racks

- Secures boat to rack with straps
- Unscrews porthole caps
- Inspects for damage. If found, place note on the boat and record damage in repair log

Before Leaving

- If last to leave, locks boathouse and gate (returns key to lock box)

Has emergency contact numbers in phone and knows how to report where on the lake the emergency is (i.e. near our dock, close to the cemetery, close to the 2nd boat ramp)

Coach's Signature: _____

Date Completed: _____

Rower's Signature: _____

Date Completed: _____

Please specify what rowing shells rower is certified to take out

- 24's and Aeros
- Racing shells