

Captain's Test for Scullers

DIRECTIONS: Rower contacts the Adult Rowing Director (Linda Clemens) to arrange for test.
 Rower fills out & signs back page, prints name below and brings this form to the test.
 Rower should reserve a Peinert 26 for the test.
 If rower passes, then this form is retained by the Adult Rowing Director.
 If rower does not pass, then test administrator holds onto this form for later retest.

PRINT rower's name: _____ Date of test: _____

Needs

Retest

Pass

- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | 100 miles = 160 km in a single (spot check with logbook) |
| <input type="radio"/> | <input type="radio"/> | Read, discuss & sign Boat Damage & Responsibility |
| <input type="radio"/> | <input type="radio"/> | Verify membership/fees status |
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| <input type="radio"/> | <input type="radio"/> | Boathouse security |
| <input type="radio"/> | <input type="radio"/> | Contacting emergency services & club officers |
| <input type="radio"/> | <input type="radio"/> | Filing "Incident Report Forms" |
| <input type="radio"/> | <input type="radio"/> | Possess & be familiar with GDRA Club Rules |
| <input type="radio"/> | <input type="radio"/> | Possess & understand all Island Park Rowing Rules |
| <input type="radio"/> | <input type="radio"/> | Using reservation book and signout log |
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| <input type="radio"/> | <input type="radio"/> | Set out slings for hose down after row |
| <input type="radio"/> | <input type="radio"/> | Explain that 1 man carry, especially with oars, is discouraged |
| <input type="radio"/> | <input type="radio"/> | Unrack boat and carry |
| <input type="radio"/> | <input type="radio"/> | Set boat in water, avoiding skeg damage |
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| <input type="radio"/> | <input type="radio"/> | Launch from middle of dock |
| <input type="radio"/> | <input type="radio"/> | Paddle arms & body only |
| <input type="radio"/> | <input type="radio"/> | Full slide rowing, with blades off the water. <i>Tapping the water occasionally during the recovery is permitted, but constant contact with the water is not.</i> |
| <input type="radio"/> | <input type="radio"/> | Turn while rowing full slide |
| <input type="radio"/> | <input type="radio"/> | Look ahead while rowing full slide, upon hearing "Look ahead!" |
| <input type="radio"/> | <input type="radio"/> | Stop from full speed, upon hearing "Hold water!" |
| <input type="radio"/> | <input type="radio"/> | Spin 360° in place: clockwise and counterclockwise |
| <input type="radio"/> | <input type="radio"/> | Row backwards |
| <input type="radio"/> | <input type="radio"/> | Land in middle of dock (flybys are ok; hitting the dock is not) |
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| <input type="radio"/> | <input type="radio"/> | Wash boat with soap & water |
| <input type="radio"/> | <input type="radio"/> | Check for loose parts, bolts, tracks |
| <input type="radio"/> | <input type="radio"/> | Rerack |
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| <input type="radio"/> | <input type="radio"/> | Overall ability in carrying the boat |
| <input type="radio"/> | <input type="radio"/> | Overall ability in caring for the boat & oars |
| <input type="radio"/> | <input type="radio"/> | Overall ability in rowing |

Boats should be wiped down after every row. Performance boats should be hosed off or washed if the water was dirty!!!

If a Retest of all or part of the test is required, the tester may specify a minimum number of rows or kilometers before a Retest will be administered. State details below.

By my signature, I attest that I have personally observed the rower demonstrate competence in all of the above skills and that they can be entrusted with the club's Performance boats.

Signature of Test Administrator: _____ Date: _____

