

# GDRA Club Orientation

PRINT rower's name: \_\_\_\_\_ Date of test: \_\_\_\_\_

## PAPERWORK

- Have completed Membership Application
- Possess copy of GDRA Club Rules
- Explain Volunteer Requirement
- If you want the boathouse combination today, you will need to give the Club Officer a check for your dues, your completed application form and a stamped envelope addressed to the GDRA Treasurer. After your orientation and rowing test, the Club Officer can take your paperwork, give you the combination and add your name to the membership list. Otherwise you can mail your Application yourself and wait for the combination in the mail...

## SAFETY

- Possess copy of Island Park Rowing Rules
- Review traffic pattern on the Safety Board
- Low head dam below the docks.
- We have dangerously high water several times a year. You must know how to spot it.
- Filing "Incident Report Forms"
- How to Contact emergency services & club officers

## BOATS

- Using reservation book and signout log
- You are limited to recreation shells until you pass the Captain's Test
- Identify the Recreational shells – see poster above log books

## BOATHOUSE SECURITY

- Lock the boathouse up, unless you are absolutely certain that another GDRA member is out on the water.
- Can bring own lock for day use lockers.
- Do not leave wallet, car keys, cell phone, etc unsecured at the boathouse. We do have occasional flurries of thefts.

## SCULLING TEST

- You will be asked to demonstrate the same skills as the Captain's Test, but you will not be held to as high a standard as required of Captains.
- If you pass the sculling test, then the Administrator signs your application.

## SWEEP ONLY?

- If you do not take the sculling test, then you will be limited to sweep rowing only.

## BASIC SCULLING TEST (This is NOT a Captain's test)

### Pass

- Set out slings for hose down after row
- Unrack boat and carry  
Note: we generally favor 2 man carry, to reduce boat damage
- Set boat in water, avoiding skeg damage
- Shoes and other stuff goes on shore or in the boat while rowing
- Launch from middle of dock
- Full slide rowing
- Turn while rowing full slide
- Look ahead while rowing full slide, upon hearing "Look ahead!"
- Stop from full speed, upon hearing "Hold water!"
- Spin 360° in place: clockwise and counterclockwise
- Row backwards
- Land in middle of dock
  
- Rerack
  
- Overall ability in carrying the boat
- Overall ability in caring for the boat & oars
- Overall ability in rowing

*Boats should be wiped  
down after every row.*

*By my signature, I attest that I have personally observed the rower demonstrate basic competence in each of the above skills and that they can be entrusted with club **Recreational** boats.*

Signature of Test Administrator: \_\_\_\_\_ Date: \_\_\_\_\_