

GDR Club Orientation

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

PAPERWORK

- Have completed Membership Application & paid fee on Regatta Central
- Possess copy of GDR Club Rules
- Explain Volunteer Requirement

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 GDR 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: _____