

BPRC Rowing Skills Checklist

Note: Members who are interested in rowing flatwater (skinnier) scull boats are required to complete this checklist prior to use.

_____ Be able to move the equipment safely from inside the boathouse to the dock and back with necessary care: *being aware of the skeg location and riggers at all times when placing the boat on the water or in slings; differentiate which shells have more fragile gunnels and the precautions when moving them; be aware and apply extra caution when the wind from the Bay may catch and swing a boat while being carried through the boat house doors*

_____ Be able to adjust the foot stretcher and oar lock height to fit yourself: *if there are pop-out spacers understand the relationship between oar lock position and foot stretcher location to handle spread and adjust the foot stretchers accordingly; identify where to step while getting into and out of a single and identify where not to stand; demonstrate backwards placement of an oar in an oarlock vs correct placement of the oar*

_____ While rowing a single scull, be able to maintain a steady navigational course at all times: *counter wind push, within the guidelines of the mandated traffic pattern and avoiding hazards in the waterway; demonstrate an emergency stop from near full speed*

_____ While rowing a double and quad boat in bow, be able to maintain a steady navigational course at all times: *counter wind push, within the guidelines of the mandated traffic pattern and avoiding hazards in the waterway, be able to cox the other crew members in the boat effectively, demonstrate an emergency stop from near full speed when all crew are rowing; get boat into and out of the boathouse safely, approach the dock with control, cox the crew and follow boat handling procedure to and from the boathouse and dock*

_____ Be able to demonstrate independent docking: *docking stern first, bow ball first and a river turn to adjust your approach angle towards the dock; demonstrate how to dock if you are beyond arms-reach from dock or when moved away by the wind*

_____ Boat care off the water: *follow procedures for reporting damage; rinse boat thoroughly and if yellow waterline is visible, use diluted boat wash to remove it, replace oar lock covers prior to storing in the boathouse; be aware when windy conditions can blow off unattended flatwater singles in the slings resulting in serious damage*

_____ Self rescue skills: *watch online video, discuss safety methods, demonstrate skill of getting back in the boat*

_____ Be willing to coordinate Club flatwater boat usage to minimize schedule conflicts with other members: *identify preferred flatwater single(s) according to the weight limit guidelines*

To be checked out in a flatwater single, double or quad please email JoinBPRC@googlegroups.com