



CCRA Independent Rowing Skills Checklist

Boat Handling Skills on Water:

- Always enter/exit the boat toward the lake end of the dock, to avoid hitting the skeg on the shoreline.
- Enter/exit boat safely- foot on step-strip Only!
- Know where the obstacles are: Murphy's rock, Turtle island (at the narrow end of the lake, road side), Swan Island (on the far side of the lake, opposite the dock)
- Be able to look over your shoulder to spot obstacles: islands, other boats, shoreline, ducks, geese, fishermen's lines, really big fish (!)
- Be able to pick a point on land to help steer/ row in a straight line
- Always observe the clockwise traffic pattern! Do not row on the wrong side of the buoys.
- Be able to turn your boat around (clockwise and counter-clockwise)
- Be able to quickly bring your boat to a complete stop
- Be able to back the boat/ move stern-ward
- Be able to dock the boat safely:
 - Approach the dock in a straight line, parallel to the long edge.
 - Slow the boat down BEFORE you get too close to the dock, then drift in.
 - Learn how to use the wind direction to 'push' your boat the last few inches into the dock.
 - Don't let the side of the boat hit the corner of the dock.
 - Lean away from the dock as you get close, so that the riggers don't hit the end of the dock.
- Flip and re-enter a boat from deep water (rollover drill scheduled once/year in the summer)
- Swim boat to shore- 50 yards minimum
- Appropriately respond to on-water commands

Other skills:

- Carry boat with a buddy – always use the buddy system to carry boats, if a buddy is present
- Carry boat on shoulder
- Transport boat using trolley (as appropriate)
- Set up oars in boat- oarlocks in the correct direction (pointing toward stern), oars in correct oarlock/ be able to identify port and starboard oars, and sweep vs sculling oars.
- Know how to correctly and securely strap the boat down
- Help others dock their boats (without hitting the corner of the dock)

EQUIPMENT USE AND CARE:

Oars:

- When carrying oars, orient the blades in front of you
- Store sculling oars in pairs, on the top rack.
- Store sweep oars in groups of two pairs, tied up with a twisty.

Boat:

- Be sure you can move the boat out of and into the rack/slings correctly and safely, either by yourself or with help from another member
- Oarlock gates must be closed and secured whenever moving the boat while off water
- Make sure all port covers and bung plugs are in place before rowing.
- Check Yer Nuts! Make sure all rigging nuts are tight **before** you leave the dock - tighten as needed
- Adjust foot stretchers- be sure endstop teeth fit securely in the track notches before tightening wing nuts.

Notify Coach Steve and/or Frank of any equipment problems immediately! Fill out a boat repair sheet, and send to them via text or email.

BOAT HANDLING

Know and respond appropriately to commands on land and water.

Common commands on land	Common commands on water
Hands On	Attention, Row
Up to waist	Check it down!
Up to shoulders	Weigh enough
Up and over head	Harder on starboard/port
Toes to the edge	Attention, Back
Roll to water	Set the boat
Show heads	Square blades/feather blades
Split to shoulders	All rowers, come up to the catch
Down to shoulders	All rowers, start at the finish
Down to waist	Lean away
Weigh enough	Stern pair/four
Walk it down	Bow pair/four
Sidestep to the right/left	Even pressure
Bow/Stern swing to the right/left	

REMINDER CHECKLIST:

DID YOU.....

- Strap the boat down correctly?
- Bring everything in from the dock (especially oars and cox box)?
- Sign yourself and your boat out/in, complete with date and times?
- Wipe down and/or rinse boat down
- Put away the hose, shut off the water (inside the garden shed), and lock the garden shed?
- Fill out a repair sheet and notify Coach Steve and Frank, if needed?
- Notify Frank if the cox box needs to be charged?

➤ Lock the shed?