

# CAPTAINS TEST

## SAFETY

1. Which weather conditions are unsafe for rowing?
2. What should you do if a thunderstorm is approaching and you are on the water?
3. What should you do if lightning strikes appear to be occurring in or near the immediate vicinity?
4. May you row if visibility is limited due to fog?
5. What extra equipment must be on your boat and functioning if you row before sunrise or after sunset?
6. Describe the traffic pattern for rowers (sculling and sweep boats) between the Watertown Dam and the BU bridge. Include which arches you should use on each bridge.
7. Which direction must you proceed in when leaving the docks?
8. Describe the course you must take when returning to the docks at CRI.
9. Why is it important to keep out of the middle 1/3 of the river?
10. A boat is gaining on you – what do you do, and who has the right of way?
11. A power boat is coming toward you, what do you do and why?
12. What are the hazards that need to be considered in the area between the Watertown Dam and the BU bridge?

**Comment [s1]:** Thunderstorms, extreme wind, dense or thickening fog, extreme heat or cold

**Comment [s2]:** If the thunderstorm has not yet reached the Newton area, you may attempt to paddle back to the CRI docks, or to the dock of another club on the river. Bring the boat out of the water, and stay away from the docks.

**Comment [s3]:** Row immediately to shore, or if a dock is a few strokes away to the dock. Bring the boat out as quickly as possible, and look for shelter.

**Comment [s4]:** No. If you are on the water and fog thickens to limit visibility, you should slowly proceed back to the docks, making noise at intermittent intervals and listening for sounds from other boats.

**Comment [s5]:** Bow and stern lights provided by rower

**Comment [s6]:** Traffic proceeds on the starboard side of the river, staying within the starboard 1/3 of the river. Proceeding downstream use the Starboard most arch on all bridges except the BU bridge. Avoid the shore arches of the BU bridge in both directions. Returning upstream you may use the starboard most arch. You may also use the center arch on the Eliot bridge, and if necessary the N Beacon St bridge.

**Comment [s7]:** Downstream, towards the North Beacon St. bridge. If you'd like to start with a row towards the Watertown Dam row downstream through the North Beacon Bridge before turning.

**Comment [s8]:** Proceed to the Proctor Boathouse next to the rink before spinning, then proceed on the Newton side towards the docks. Always turning on a 90 degree angle when spinning.

**Comment [s9]:** This is where the potential for head on collisions between boats traveling in opposite directions is greatest

**Comment [s10]:** Move towards shore and out of the course of the oncoming boat. The passing boat has the right of way in rowing.

**Comment [HAC11]:** Scullers must yield position on the river to powerboats. Powerboats can only travel in certain areas on the river (generally the center) and through certain bridge arches (generally the center) and can not deviate from their course.

**Comment [s12]:** Boats at the Newton Yacht Club are unable to see you if you are too near their stern when they back out. Be aware of powerboats launching at the boat ramp, or coming from the marina behind the island. Midway between the N Beacon St and Arsenal St bridge there is a sandbar on the Boston side. Be aware of fishermen near the N beacon St bridge and the boardwalk near Herter Park. Watch for shallow areas near Weeks footbridge (Boston Side) the Arsenal St bridge (Watertown side), and near the Watertown Yacht club and across from the Newton Yacht club.

13. You are unable to row for a few moments, and a boat is gaining on you. What do you do?

**Comment [s13]:** LOUDLY yell out a heads up for them well in advance of their reaching your boat. Apologize, and let them know you have broken equipment, or whatever the cause of your stopping is.

14. You would like to turn and cross the river to return to the boathouse, but another boat is approaching. Which boat has the right of way, yours or the boat traveling along the river?

**Comment [s14]:** Boats traveling along the river have right of way over those crossing. You must be able to cross before they reach you or wait until after they pass.

15. What is meant by “weigh enough”?

**Comment [s15]:** Stop rowing

16. When might you “hold water” and how would you do this?

**Comment [s16]:** When you need to make an emergency stop. Plant both blades square in the water at about mid-drive position and resist the forward momentum of the boat.

17. Describe verbally how you would get back into a shell after flipping.

**Comment [s17]:** Bring the oars parallel to the boat and right it. Push the oars all the way into the oarlocks and hold the oars perpendicular to the boat and feathered with one hand on the handles. Put the other hand on the decking between the tracks. Push down with both hands, keeping the oars perpendicular to the boat as you boost your torso up and out of the water. Distribute your weight evenly across the port and starboard sides of the boat and keep control of the oars as you bring your legs up into the boat.

18. What types of clothing are not suitable for rowing and why?

**Comment [s18]:** Loose pants or shorts will get caught in the tracks. Loose tops will catch your thumbs or oar handles. Cotton clothing will conduct heat away from your body in wet/cold conditions

19. What are the dangers of rowing when the weather/water is cold?

**Comment [s19]:** Hypothermia, or lowering of the body's core temperature.

20. How would you prevent heat stroke/ heat exhaustion?

**Comment [s20]:** Drink plenty of liquids before and during your row. Avoid rowing during the hottest times of the day, or on extremely hot and humid days.

21. When can scullers use a quad?

**Comment [HAC21]:** Only when accompanied by a coach.

22. What doubles are available to all logbook scullers?

**Comment [HAC22]:** Atalanta, Casey, Connors

23. What other doubles are available to logbook scullers and when can they be used?

**Comment [HAC23]:** Wintech., No Name 2x, and Hudson double. They can be used during times that are not scheduled by other programs if both scullers have been approved by a certified coach and the office.

## EQUIPMENT HANDLING

1. Why do you check your equipment before each row?

**Comment [s24]:** To ensure that nothing breaks during your row so that you may have a safe row, to check that safety features on the shell are functioning, and to prevent undue wear and tear caused by movement of loose parts during the row.

2. Which piece of equipment is important for your escape from the boat if you flip, and should be checked before every row?

**Comment [s25]:** If your boat has shoes: HEEL TIES

3. What maintenance tasks should you complete after each row? State why you would do each task.

**Comment [s26]:** Wipe the hull of the boat to clean off scum from the water, wipe the tracks so that accumulated grit does not produce a “washboard” track. Open the vent covers so the boat can dry out and re-strap the boat to the rack without damaging the hull.

4. What do you do if the boat in which you have been rowing suffers damage during your row?

**Comment [s27]:** For any repairs a "Do Not Row" note should be put on the boat and the damage entered into the repair log book. If it is major damage try to notify a boathouse staff person immediately.

Captain's Test Practical Name \_\_\_\_\_ Date \_\_\_\_\_  
Pass \_\_\_\_\_ Fail \_\_\_\_\_ Coach's Signature \_\_\_\_\_

For scullers taking the test as a one time appointment they should demonstrate these skills without looking at this list during the test. Athletes must perform all tasks successfully in order to pass.

- \_\_\_\_\_ Demonstrates port and starboard.
- \_\_\_\_\_ Signs appropriate boat in and out.
- \_\_\_\_\_ Carries appropriate oars down blades first.
- \_\_\_\_\_ Carries boat in and out of racks without hull or riggers touching anything.
- \_\_\_\_\_ Places boat in water without touching dock.
- \_\_\_\_\_ Places oars properly in oarlocks without stepping on tracks.
- \_\_\_\_\_ Checks the equipment for safe operation and loose parts.
- \_\_\_\_\_ Proper entry into the boat (no shoes).
- \_\_\_\_\_ Pushes off dock and moves away in the proper course pattern (downstream first).
- \_\_\_\_\_ Rows with control of the set, clean feathering and squaring (full strokes after a warmup).
- \_\_\_\_\_ Row at least 10 strokes with square blades.
- \_\_\_\_\_ Check the blades causing the boat to stop quickly.
- \_\_\_\_\_ Take 10 backing strokes.
- \_\_\_\_\_ Maintains correct course while rowing continuously.
- \_\_\_\_\_ Demonstrates safe turning around and crossing the river, including choosing appropriate spots to turn.
- \_\_\_\_\_ Returns to the docks following the proper course pattern (row to the Proctor Boathouse before crossing to row downstream to the docks)
- \_\_\_\_\_ Lands the boat unassisted without hull touching the dock.
- \_\_\_\_\_ Removes oars and fastens oarlocks
- \_\_\_\_\_ Performs all boat maintenance tasks (wipe hull, wipe tracks, open vents)
- \_\_\_\_\_ Returns boat to racks without allowing hull or riggers to touch anything.
- \_\_\_\_\_ Re-strap the boat to the rack without damaging hull.
- \_\_\_\_\_ Logs out on time.
- \_\_\_\_\_ Returns oars to correct rack.