Captains Test – Practical Safety

Name: ____________________________________________ Date: ___________________

Coach Signature: ___________________________________ Pass: _______ Fail: _______

PRE-ROW

___ Know which boat size(s) to use and which hulls are the correct size.
___ Understand necessity of signing out boat in the iRowNow system.
___ Select an appropriate, matching set of oars, carry them to the dock blades first, and set them on the back edge of the dock, out of the way.
___ Verbally describe the traffic pattern from Galen Street to Mass Ave and back.
___ Ask for help to take boat from rack to slings; do so without hitting anything.
___ In slings, put tennis ball top-nut covers in crate, close vent and stern plug, check heel ties, and check entire boat for missing or loose parts.
___ In slings, appropriately adjust footstretcher and spacers.
___ Carry boat down to the dock and place it into the water pointing downstream, without hitting anything.
___ Put correct oars in oarlocks, starboard (dock side) oar first, and secure gates.
___ Remove shoes before stepping into boat, and leave shoes on back edge of the dock.
___ Get into the boat without stepping into the bottom.
___ Push off from dock without assistance.

ON-WATER (not necessarily sequential)

___ Immediately row away from the dock, following traffic pattern downstream (either through N. Beacon bridge, or past launch dock before spinning to go upstream).
___ Row with control of the set, clean feathering and squaring (full strokes after warm-up).
___ Navigate through bridge arches without stopping.
___ Complete a 360° river turn/turn-in-place in both directions (clockwise and counter-clockwise).
___ Back at least 10 strokes continuously, maintaining control and point.
___ Demonstrate awareness of surroundings by regularly checking ahead without stopping.
Row at least 10 full strokes with square blades continuously, maintaining control and point.
Demonstrate or describe how to pass and be passed.
Respond immediately to “Weigh enough, check it down!”, maintaining control and point.
Choose safe location to pull over to the side of the river and describe what makes it safe.
Maintain safe course throughout row using pressure (not checking one oar to make turns).
Choose appropriate place and time to turn and cross river. Spin 90 degrees, check for traffic, cross perpendicular, then spin the remaining 90 degrees to finish the turn.
Communicate verbally with other river users, if appropriate.
Follow traffic pattern at all times, remaining on right side of the river and using correct bridge arches.
While stopped, dip bottom nut of each rigger in water.
Row past CRI docks to boat ramp before spinning to return to the dock.
Land at dock without assistance, without hull hitting the dock.

POST-ROW
Get out of the boat without stepping in the bottom.
Pull in and remove oars from oarlocks, port (water side) oar first, and secure gates.
Carry boat up from dock and place in slings without hitting anything.
Wash boat, open vent and plug, and replace tennis balls on top-nuts.
Ask for help to return boat to rack; do so correctly, without hitting anything.
Wash oars and return to correct rack, in a matched pair.
Understand necessity of returning boat on time and checking it in using iRowNow system.