



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 high 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.