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.