



**Rio Salado Rowing Club**  
**Open Row Certification Test**  
**Part 1: Safety & Equipment Q & A**

**Safety**

**1. Which weather conditions are unsafe for rowing?**

*Thunderstorms, extreme wind, extreme heat or cold.*

**2. What should you do if a thunderstorm is approaching and you are on the water?**

*If the thunderstorm has not yet reached the Tempe/ Mesa/Phoenix area, you may attempt to paddle back to the beach, or to the dock at the marina. Bring the boat out of the water and up to the boatyard if on the beach. If you are at the marina, take the boat out of the water and leave on the grassy area upside down until storm passes.*

**3. What should you do if lightning strikes appear to be occurring in or near the immediate vicinity?**

*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.*

**4. What extra equipment must be on your boat and functioning if you row before sunrise or after sunset?**

*Bow and stern lights. Red/green light goes on the bow, white light goes on the stern.*

**5. Describe the traffic pattern for rowers.**

*Launch from the beach with the bow pointed toward the west. Push off from shore without scraping blades/skeg on the sand. Row away from shore and head west. Make turn toward east and south side of lake going through 2<sup>nd</sup> arch of Mill Ave. Bridge. ALWAYS row counterclockwise direction staying close to shoreline. Faster boats are closer to the shore; slower boats are toward the center of the lake.*

**6. Which direction must you proceed in when leaving the beach or marina dock?**

*West, toward the light-rail bridge, then across to the south shore then head east thru the 2<sup>nd</sup> arch in the Mill Ave. Bridge.*

**7. Describe the course you must take when returning to the beach.**

*Approach the beach by rowing thru the 1<sup>st</sup> arch of the Mill Ave. Bridge on the north side of the lake. Be careful of fishing lines as you row past the wall. Avoid the eastern part of the beach because of the sharp drop-off and shelf under water. Slowly steer your bow toward the sand, and stop while boat is still in the water, not on the beach. Make sure you are rowing PARALLEL to the beach so as NOT to grind the bow into the sand. Keep the boat off the sand at all times. If wind or waves blow boat onto sand, wedge an oar in sand to hold boat off shore for several feet.*

**8. A boat is gaining on you – what do you do, and who has the right of way?**

*Move towards center of the lake or closer to shore depending on direction of approaching boat and out of the course of the oncoming boat. The passing boat has the right of way in rowing. However, slower boats are supposed to be toward the center of the lake according to traffic pattern. Also, you must call out to get the attention of the oncoming boat if they don't see you.*

**9. You are unable to row for a few minutes and a boat is gaining on you. What do you do?**

*LOUDLY yell out to notify them of your position well before they reach your boat. Apologize, and let them know you have broken equipment, or whatever the reason for your stopping.*

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

*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.*

*continued*

**11. What is meant by “weigh enough”?**

*Stop rowing*

**12. You would like to turn and cross the lake to return to the beach, but another boat is approaching. Which boat has the right of way – yours, or the boat traveling along the lake?**

*Boats traveling up & down the lake have right of way over those crossing. You must be able to cross before they reach you or wait until after they pass.*

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

*Loose pants or shorts will get caught in the tracks. Loose tops or those with open pockets will catch your thumbs or oar handles. Cotton clothing will conduct heat away from your body in wet/cold conditions.*

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

*Hypothermia, or lowering of the body’s core temperature.*

**15. How would you prevent heat stroke/heat exhaustion?**

*Drink plenty of liquids before & during your row. Avoid rowing during hottest times of the day, or on extremely hot days.*

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**Equipment**

**1. AFTER you sign out your boat in the logbook, what do you need to check on your equipment BEFORE you row?**

*With boat on slings seat-side up:*

- |                                               |                                                       |
|-----------------------------------------------|-------------------------------------------------------|
| 1) Tracks clean?                              | 5) Foot stretchers set at approximate right distance? |
| 2) Seat slides easily?                        | 6) Oarlock spacers all there & set at right height?   |
| 3) Shoes tightly attached to foot stretchers? |                                                       |
| 4) Heel ties on both shoes?                   |                                                       |

**2. Which piece of equipment is important for your safety if you flip, and should be checked before every row?**

*If your boat has shoes: HEEL TIES*

**3. How to you handle your oars?**

- carry with blades forward
- lean against surface with the sleeve (not shaft) in contact and blade down

**4. What tasks do you need to do to your equipment AFTER you row?**

*Boat on slings seat-side down:*

- |                                                |                                                   |
|------------------------------------------------|---------------------------------------------------|
| 1) Washed with soap & rinsed?                  | <b>Oars:</b>                                      |
| 2) Spray underneath to clean tracks & riggers? | 1) Oar handles and blades rinsed?                 |
| 3) Oarlocks sprayed and closed?                | 2) Returned to proper rack space (C2 vs. Croker)? |
| 4) Vent cover opened so boat can dry?          | 3) Handle in bottom rack hole                     |
| 5) Boat returned to correct rack & tied down?  |                                                   |

**5. Why do you check your equipment before & after each row?**

*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.*

**6. What do you do if the boat you rowed suffered damage during your row?**

- 1) Get the “Boat Repair Log” notebook.
- 2) Fill out a red “Do Not Use” tag (found in the front pocket) & attach to broken equipment.
- 3) Write a description of the problem in the logbook.
- 4) Email Boat Captain Brian McDermott ([brian@cvttankers.com](mailto:brian@cvttankers.com)) and RSRC President Wendy Benz ([wenbenz@cox.net](mailto:wenbenz@cox.net)) to inform them of the problem. If possible, take photos and send with the email.