



Rio Salado Rowing Club
Open Row Certification Test
Part 3: Boat-Handling Skills

Name _____ Date _____

Boat _____

Pass _____ Fail _____ Coach's Signature _____

- _____ Demonstrates port and starboard.
- _____ Signs boat in and out of logbook.
- _____ Carries appropriate oars down blades first and places blades down with sleeves against the wall.
- _____ Carries boat in and out of racks without hull or riggers touching anything.
- _____ Checks the equipment for safe operation, proper fit, and loose parts.
- _____ Places boat in water gently with skeg free of beach.
- _____ Places oars properly in oarlocks without stepping on tracks or bottom of hull.
- _____ Demonstrates correct use of lights (or discusses how to procure and use them).
- _____ Enters boat properly.
- _____ Pushes off beach and moves away in the proper course pattern (downstream first).
- _____ Rows with control of the set, clean feathering and squaring (full strokes after a warm-up).
- _____ Row at least 10 strokes with square blades.
- _____ Check the blades causing the boat to stop quickly.
- _____ Takes 10 backing strokes.
- _____ Maintains correct course while rowing continuously for at least 200 meters.
- _____ Demonstrates a 180-degree stationary turn.
- _____ Demonstrates safe turning around and crossing the lake, including choosing appropriate spots to turn.
- _____ Demonstrates or discusses how to approach and row through wake.
- _____ Demonstrates or discusses safe rough water techniques.
- _____ Returns to the beach and dock following the proper course
- _____ Lands the boat unassisted without hull running up the beach or touching the dock.
- _____ Removes oars and fastens oarlocks.
- _____ Demonstrates good beach or dock etiquette.
- _____ Performs all boat maintenance tasks (rinse/soap/final rinse hull, hose out inside of shell & tracks, open vents)
- _____ Returns boat to rack without allowing hull or riggers to touch anything.
- _____ Re-straps the boat to the rack without damaging hull.
- _____ Logs out on time.
- _____ Returns oars to correct rack and lights to locker.