

Independent Sculler - Practical Test

Date: _____

Rower: _____

- Signs appropriate boat in and out
- Carries oars down to the dock, blade first
- Carries boat in and out of boathouse without hull or riggers touching anything
 - Does this independently
 - Does this with someone helping to carry using correct coxswain commands
 - ★ *If rower uses this option, must have someone to help carry the boat whenever they go on the water*
- Places boat in water without touching dock
- Places oars properly in oarlocks without stepping on tracks
- Checks equipment for safe operation and loose parts
- Demonstrates proper entry into the boat
- Rows with control of the set, clean feathering and squaring
- Rows at least 10 strokes with square blades
- Maintains correct course while rowing continuously
- Demonstrates safe turning
- Lands the boat unassisted without hull touching dock
- Removes oars and fastens oarlocks
- Wipes down boat
- Returns oars to rack
- Demonstrates ability to re-enter a flipped single unassisted in water above rower's head
 - ★ Rower's not able to complete this test may row in a double or quad where at least half the other rowers have completed the flip test. Rower must have passed the written test and carry a lifejacket.

Coach Name: _____

I hereby certify the rower has completed the above tasks in a competent manner.

Coach Signature: _____

Date: _____