

Name: _____

Key Test Checklist

Safety

	Test
View Safety Video	[]
Read & Know Handbook Guidelines	[]
Read & Know Where to Find Emergency Action Plan	[]
Use Log Book properly (log in and out)	[]
Safe Rowing Conditions (wind, ice, fog)	[]
PFD	[]
Safety Whistle	[]
Heel Ties	[]
Appropriate Clothing for the Weather	[]
Water Bottle	[]
Familiar with Safety Equipment in Compound & Coach Boat	[]
Use of Mirror	[]

Comments

Launch

		Date	Date	Date
Place Stretchers out at Compound	[]	[]	[]	[]
Clears Fin, Breakwater, Impeller & Riggers or Mounting Flanges when placing boat on stretchers	[]	[]	[]	[]
Carry Oars with Buckets Forward	[]	[]	[]	[]
Call Commands for Moving Boats	[]	[]	[]	[]
Remove Boat from Storage without hitting Riggers or other Boats	[]	[]	[]	[]
Close Vents and Bungs	[]	[]	[]	[]
Check Nuts, Bolts, Riggers & All Equipment Before Launching	[]	[]	[]	[]
Check for Secure Heel Ties	[]	[]	[]	[]
Toes Over Edge of Dock when Lowering Boat	[]	[]	[]	[]
Oarlock Facing Stern when Placing Oars	[]	[]	[]	[]
Dockside Blades in First	[]	[]	[]	[]
Proper Placement of Life Jacket	[]	[]	[]	[]
Clear Rigger Bolts when Stepping in - boat 2" from dock	[]	[]	[]	[]
Hold Both Oars with Waterside Hand When Stepping in	[]	[]	[]	[]
Step Only on Step Plate (rib at stern of seat deck) -keep heels off slides	[]	[]	[]	[]
Adjust Foot Stretcher for Proper Finish Position	[]	[]	[]	[]
Check Finish Height	[]	[]	[]	[]

Docking

Bring boat to Dock Without Hitting	[]	[]	[]	[]	_____
Aware of Current and/or Wind Direction	[]	[]	[]	[]	_____
Exit Boat without Pressing on Splashboard	[]	[]	[]	[]	_____
Clear Rigger Bolts when Stepping Out									_____
Secure Boat if Leaving Boat (for shoes?)	[]	[]	[]	[]	_____
Close Gates after Removing Oars	[]	[]	[]	[]	_____
Open Vent Holes and Bungs	[]	[]	[]	[]	_____
Lift Boat Cleanly from Water (i.e. clear fin)	[]	[]	[]	[]	_____
Wash Boat including slides, seat wheels and riggers	[]	[]	[]	[]	_____
- focusing on metal parts									_____
Replace Tennis Balls on Rigger Pins	[]	[]	[]	[]	_____
Place Boat Back Safely in Boat Racks on Foam Cover	[]	[]	[]	[]	_____
Tie Boat Down Securely									_____

Terminology

Can define or demonstrate:	[]							_____
Easy All/Let It Run	Hold Water	Port							_____
Starboard	Bow	Stern							_____
Deck	Splashboard	Breakwater							_____
Foot Stretcher	Footboard	Seat							_____
Slides	Rigger	Oarlock							_____
Gate	Pin	Rigger Nuts							_____
Heel Ties	Fin	Sleeve							_____
Handle	Bucket	Shaft							_____
Collar	Catch	Finish							_____
Drive	Recovery	Square							_____
Feather	Crab								_____

Rowing Technique

<i>Sequence of Motion</i>	[]	[]	[]	[]	_____
- legs, back, arms/arms, back, legs			[]	[]	[]	_____
- body swing			[]	[]	[]	_____
- bladework, square/feather, timing of entry/exit			[]	[]	[]	_____
- push vs. pull			[]	[]	[]	_____

<i>Posture</i>	[]	[]	[]	[]	[]	
- straight back											_____
- pelvic tilt for catch, no tilt at finish											_____
- shoulders relaxed											_____
- foot position, keep even, not pigeon toed or otherwise, knees in alignment											_____
- elbows											_____
- layback with crunch											_____
<i>Rhythm & Timing</i>	[]	[]	[]	[]	[]	
- teamwork, physical & mental awareness of other people in the boat											_____
- body swing, pelvis											_____
- breathing, not holding breath, relaxing, exhale at finish											_____
- listening, using other senses, closed eye rowing											_____
- slide control, component of boat speed											_____
<i>Balance</i>	[]	[]	[]	[]	[]	
- core											_____
- hands, catch & finish heights											_____
- legs locked down/hip balance											_____
- body centeredness											_____
-horizontal Movement of Blades	[]	[]	[]	[]	[]	
<i>Grip</i>	[]	[]	[]	[]	[]	
- wrists, no over/under-gripping											_____
- thumbs on ends											_____
- relaxed, heel of hand off the grip, hang off handles, no squeezing											_____
- gluing finger pads											_____
- square grip, fingers square to handle											_____
- blisters, not on palms											_____
Collars Tight to Oarlock	[]	[]	[]	[]	[]	
Square Blade, entry & extraction	[]	[]	[]	[]	[]	
Symmetry of Motion on Left & Right Side	[]	[]	[]	[]	[]	
Blades off the Water	[]	[]	[]	[]	[]	
Pushing to Heels	[]	[]	[]	[]	[]	
Slide Control 1:2 ratio (drive:recovery)	[]	[]	[]	[]	[]	

Water Manoeuvres

Bow Boat 1x, 2x, 4x	[]	[]	[]	_____
Familiar with our River	[]	[]	[]	_____
- location of sandbars, oysters, buoys, channel markers							_____
Launch & Dock without Assistance	[]	[]	[]	_____
Row 500m in a Straight Line - with mirror	[]	[]	[]	_____
-looking back every 10 - 15 strokes for course without mirror	[]	[]	[]	_____
Emergency Stop	[]	[]	[]	_____
360 Degree Turn using both Blades	[]	[]	[]	_____
- back with one, rowing with the other at the same time							_____
Course Correction with Oar Pressure	[]	[]	[]	_____
- 5 times port, 5 times starboard twice, equally effective on both sides							_____
10 Strokes each 1/4, 1/2, 3/4, full slide with proper slide control	[]	[]	[]	_____
10 strokes arms and back	[]	[]	[]	_____
15 strokes backing	[]	[]	[]	_____
30 strokes on the square that's relaxed and balanced	[]	[]	[]	_____
Pause Drill			[]	[]	_____
Finish to Catch Drill			[]	[]	_____
Russian Catch			[]	[]	_____
Blade Bounce			[]	[]	_____
Eyes Closed			[]	[]	_____
Rowing to a Small Deposited Buoy (as though someone is in water)	[]	[]	[]	_____
Motor							_____
Drainage Plugs							_____
Appropriate Safety Equipment as Required by Cdn. Coast Guard	[]	[]	[]	_____
- min 2 paddles/oars - pfd for each person onboard	[]	[]	[]	_____
- bailing bucket -50 ft. (15m) throw rope	[]	[]	[]	_____
- sound signalling device	[]	[]	[]	_____
Safety Lanyard	[]	[]	[]	_____
Hook up Gas Tank, Start Motor	[]	[]	[]	_____
Drive Boat to Deposited Buoy	[]	[]	[]	_____
Deploy Ladder	[]	[]	[]	_____
Understands Effects of Wind & Current on Boat Movement &	[]	[]	[]	_____
Direction of Propeller Away from Rowers for Safety	[]	[]	[]	_____
Stop Motor	[]	[]	[]	_____
Relock Motor	[]	[]	[]	_____

Okay to Test
