

8.3 Captain’s Test Form



CAPTAIN’S TEST FOR SCULLERS

April 2017

Directions: This test will be conducted by a Club Captain or designee. If the rower will be rowing a single, the test must be done in a single. If the rower plans on rowing in a double or quad, the test must be in the double. The rower taking the test must sit in the bow seat. *If the rower passes, then this form is maintained in CRC files. If the rower does not pass, then the Captain holds onto this form for later retest.*

Rower’s Name (print): _____ Date of Test: _____

Needs Retest*	Conditional Pass**	Pass	
			Rowed 160 kilometers for Intermediate, 320 kilometers for Senior. Verify with review of log book. It is the responsibility of the rower to provide/keep track in the log book and provide documentation of the required kilometers rowed.
			Current with membership dues.
			Successfully completed safety assessment.
			Possess and be familiar with CRC rules, skill levels, and boat weight and skill level requirements.
			Demonstrate knowledge of what to do if boat is damaged, if there is a security issue, or an injury.
			Set out slings and sign out boat. Call out on radio.
			Select oars and take to dock.
			Take boat out of boathouse and carry to dock.
			Rig boat properly and get in. Launch from dock.
			Paddle arms and body only.
			Complete full-slide rowing. Show awareness of environment and steer properly. Row on proper side of river.
			Look ahead while rowing full slide upon hearing “Look ahead”.
			Stop from full speed upon hearing “Hold water” or “Check it down”.
			Spin 360° in place, clockwise and counterclockwise.
			Row backwards (stern first).
			Legs-only rowing.
			Backdown Drill (<i>Starting at “body over” from the finish, square blades, back into catch, then drive. Pause between each stroke</i>).
			Land in the middle of the dock. Do not hit the dock.
			Remove oars. Carry boat and oars to boathouse. Place boat in slings.
			Wipe down boat. Check for loose parts and boat damage.
			Place boat and oars in boathouse.
			Put slings away, sign in.
			Overall ability in carrying the boat.
			Overall ability in caring for the boat and oars.
			Overall ability in rowing.

**If a retest of all or part of the test is required, the Captain may specify a minimum number of rows or kilometers before a retest will be administered. State details below. **A conditional pass can be a restriction, such as requiring assistance carrying the single or only rowing with a more experienced rower.*

COMMENTS:

By my signature, I attest that I have personally observed the rower demonstrate competence in each of the above skills and that they can be entrusted with a key, free access to the boathouse, and the club performance boats.

Signature: _____ Date: _____