

Name _____

Date _____

CAPTAINS TEST

SAFETY

1. Which weather conditions are unsafe for rowing?

Extreme heat or cold, dense or thickening fog, thunderstorms, extreme wind.

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

If the thunderstorm has not yet reached our area and you feel you are within reasonable proximity to the boathouse you may row home. Otherwise row your boat, heading into the waves, to the nearest dock or shore and pull the boat out of the water. Wait away from the water.

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

Row immediately for shore/the nearest dock. Pull your boat from the water and find shelter.

4. May you row if visibility is limited due to fog?

No. If you are on the water and fog thickens proceed slowly to back to the dock making noise or blowing your whistle at intermittent intervals and listening for sounds from other boats

5. What extra equipment must be on your boat and functioning? What equipment is optional, but recommended?

A whistle, life jacket, bow and stern light if it is dusk or dawn are mandatory. Optional: GPS, radio and/or cell phone.

6. Describe the traffic pattern for the harbor. Please include who has the right of way (power, sail, paddle powered craft).

Power boats, sailboats under sail and commercial boats all have the right of way.

7. A rowing shell or kayak is gaining on you – what do you do, and who has the right of way?

The overtaking boat has the right of way. The boat being passed must stay their course and allow themselves to be passed.

8. A power boat is coming toward you, what do you do and why?

Take early and substantial action to avoid collision by stopping, slowing down, or changing course. Shout or blow your whistle if you feel you cannot be seen.

9. What are the hazards that need to be considered in the harbor?

Moorings and lines, buoys, cans, lobster boats, rocks, islands, heavy boat traffic, tide changes.

10. If you are unable to row for a few moments, and a boat is gaining on you. What do you do?

LOUDLY call out heads up well in advance of their reaching your boat. Be persistent if it does not appear that they hear you.

11. What is meant by “weigh enough”?

Stop rowing.

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

When you need to make an emergency stop plant your blades squarely in the water at about mid drive position and resist the forward momentum about the boat.

13. Describe, verbally, how you would get back into a shell after flipping.

*If the water is cold or you feel tired put on your PFD. Bring the oars parallel to the boat and right it. Push the oars perpendicular to the boat and feathered with one hand holding **both** handles. Put the other hand on the decking between the tracks. Push down with both hands keeping the oars perpendicular to the boat as you boost your torso up and out of the water. Distribute your weight evenly between port and starboard sides of the boat and keep control of the oars as you bring your legs around.*

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

Loose pants or shorts that can get caught in the tracks. Loose tops that can get caught on your hands and oars. Cotton is a poor choice as it conducts heat away from the body in wet/cold conditions.

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

Hypothermia or lowering of the body's core temperature.

16. How would you prevent heat stroke/heat exhaustion?

Drink plenty of liquids before, during and after your row. Avoid rowing at the hottest times of day and during extremely hot and humid weather.

17. What boats are available to all logbook scullers and when? What must you do to row a more difficult boat?

Echoes are available to all captains tested members. You must complete a practical Captains Test in the most difficult boat you plan to row.

18. Rank club boats in order of difficulty with 1 being the most difficult (therefore least stable) and 3 being the least difficult (therefore most stable).

1. Aero Mass
2. Alden Star
3. Echo

19. While using club equipment, how many people minimum must be on the water, together, during the entirety of the row?

There must be at least 2 people within sight of each other at all times.

20. How often and when should you look behind you while you are rowing?

You should look or glance behind you every 10-15 strokes on the drive, alternating sides every time you check.

21. When must you wear a USCG approved Type I, II, or III PFD at all times?

September 15 - May 15

EQUIPMENT HANDLING

1. Why do you check your equipment before each row?

To ensure nothing breaks during your row and to avoid unnecessary wear and tear on equipment by checking for loose parts.

2. Which piece of equipment is important for your escape from the boat if you flip, and should be checked before every row?

If your boat has shoes, heel ties.

3. What maintenance tasks should you complete after each row? State why you would do each task.

Hose all parts of the boat off, especially those that are moving. Wipe down the hull and tracks so that accumulated grit does not produce "washboard tracks." Open vent covers so that the boat can dry out and carefully return boat to the racks. Resign in your boat.

4. What do you do if the boat in which you have been rowing suffers damage during your row?

Hang a "Do Not Row" sign from the rigger and report damage to Thomas Vogel. If damage is serious notify a board member immediately.

Captain's Test Practical

Name _____ Date _____

Pass _____ Fail _____ Coach's Signature _____

For scullers taking the test as a one time appointment they should demonstrate these skills without looking at this list during the test. Athletes must perform all tasks successfully in order to pass.

- _____ Demonstrates port and starboard.
- _____ Signs appropriate boat in and out.
- _____ Carries appropriate oars down, blades first.
- _____ Carries boat in and out of racks without hull or riggers touching anything.
- _____ Places boat in water without touching dock.
- _____ Places oars properly in oarlocks without stepping on tracks.
- _____ Checks the equipment for safe operation and loose parts.
- _____ Proper entry into the boat (no shoes).
- _____ Rows with control of the set, clean feathering and squaring (full strokes after a warmup).
- _____ Row at least 10 strokes with square blades.
- _____ Check the blades causing the boat to stop quickly.
- _____ Take 10 backing strokes.
- _____ Maintains correct course while rowing continuously.
- _____ Demonstrates safe turning
- _____ Lands the boat unassisted without hull touching the dock.
- _____ Removes oars and fastens oarlocks
- _____ Performs all boat maintenance tasks (wash and wipe hull, wipe tracks, open vents)
- _____ Returns boat to racks without allowing hull or riggers to touch anything.
- _____ Logs out on time.
- _____ Returns oars to correct rack.