

MHRA UNSUPERVISED SCULLER CERTIFICATION, Revised May 2020

NAME _____

DATE _____

**Minimum requirements for sculling unsupervised (i.e. using the buddy system):
One year of rowing, a minimum of ten trips of 8000 meters on the river, and
demonstrated knowledge of this skills guideline.**

SAFETY

Know and follow Mid-Hudson Rowing Association safety rules.

Demonstrate common sense in making decisions about when and where to row.

Know safety procedures re: tide, river safe landing points and hazards, navigation, sunrise/sunset, and weather.

Know the accepted river traffic pattern and follow it.

Know how to use the club log book and regularly use it.

Know what to do if you flip over or swamp.

CARE AND HANDLING OF EQUIPMENT

Know which boats and oars belong to the club and which are private equipment.

Know how to carry the boat and oars off the racks, using the lift if needed, and to the dock, and how to lift the boat out of the water and back to the racks (can be done with another person).

Know how to adjust the foot stretchers and close the gate on the oar locks.

Know how to clean the wheel tracks and check nuts and bolts for security.

Know how to attach a bow light.

SEAMANSHIP

Demonstrate ability to install oars correctly and get into the boat safely.

Know how to launch and land at the dock.

Know how to maneuver around river debris and other boats.

Demonstrate steering by looking over shoulder or using rear view mirror.

Demonstrate quick stop.

Demonstrate backing stroke.

Demonstrate ability to make a 180-degree stationary turn.

Demonstrate ability to get out of boat and remove oars safely.

Certified by (coach's signature):

Date completed: