

MHRA UNSUPERVISED SCULLER CERTIFICATION, Revised July 2026

Name: _____ Date: _____

Minimum requirements for sculling unsupervised (i.e., use 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 MHRA safety rules.

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

Know how to check the tide, sunrise/sunset, and weather.

Know & follow the river traffic pattern and the river safe landing points and hazards

Sign out a boat on SignUpGenius before coming to the boathouse and use the magnetic name board to indicate when you are on the water or have returned.

Have a life vest on or in the boat when rowing without a safety launch.

Know what to do if you flip over or swamp.

CARE AND HANDLING OF EQUIPMENT

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

Know how to carry the boat and oars on and off the racks and to and from the dock.

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/bolts for security.

Know how to attach a bow light.

Know how to lift the boat out of the water and back to the racks (can be done with another person).

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.

Boathouse Closing Procedure

Follow the latest version from HRRRA

Certified by (coach's signature) _____

Date completed _____