



# Skill Requirements for Independent Sculling

## Knowledge and Safety:

- ☐ Has read, understands and abides by GWC safety protocol
- ☐ Knows river and canal traffic patterns/rules (i.e. takes the correct arch under bridges, steers appropriately around sandbars and other obstacles, yields close to starboard/left shore for oncoming crews and powerboats)
- ☐ Knows how to use the USGS website for the Genesee River conditions and can determine unsafe discharge and flow rate values
- ☐ Knows how to use the log book in the small boathouse
- ☐ Knows proper procedure for opening and closing the boathouse before, during and after row
- ☐ Knows proper clothing in both hot and cold weather conditions
- ☐ Knows how to handle wakes from powerboats that are than higher than the gunwales by turning parallel to the wake and leaning away as it approaches

## Equipment Handling

- ☐ Knows layout of the boathouse and location of appropriate equipment
- ☐ Understands how to select an appropriate boat and oars
- ☐ Can identify and fill out a repair request sheet regarding basic boat issues: missing/loose nuts, bolt and tracks or dirty tracks and oarlocks
- ☐ Understands proper oarlock height and foot stretcher placement
- ☐ Can fix basic boat issues: tighten/loosen nuts and bolts, clean and adjust tracks
- ☐ Understands all boat-carrying procedures and is competent at moving a boat in and out of the boathouse either independently or with a partner
- ☐ Places boat directly in the water without sliding the shell against the dock
- ☐ Carries oars to the dock blade first so that blades/grips don't scrape on the ground
- ☐ Returns boat/oars to rack safely & on appropriately labeled rack
- ☐ Has the physical strength to carry a 1x by themselves or with a partner
- ☐ Washes and dries boat and oars after each row

## Identification of Equipment Parts:

- |              |                  |             |
|--------------|------------------|-------------|
| ☐ Oar        | ☐ Pin            | ☐ Blade     |
| ☐ Oarlock    | ☐ Oar collar     | ☐ Shaft     |
| ☐ Oar sleeve | ☐ Gunwales       | ☐ Hull      |
| ☐ Handle     | ☐ Rigger         | ☐ Port      |
| ☐ Tracks     | ☐ Foot stretcher | ☐ Starboard |
| ☐ Heel ties  | ☐ Footplate      | ☐ Bow       |
| ☐ Shell      | ☐ Seat           | ☐ Stern     |

**(Over)**

## Launching and Docking

- ☐ Knows how to safely get in (even with personal mobility or flexibility issues) and launch a boat:
  - ☐ Launches boat with bow pointed upstream (towards pedestrian bridge)
  - ☐ Starboard (dock-side) oarlock opened, oar in, oarlock shut and tight
  - ☐ Opens port-side oarlock with one knee in the boat, feet on the dock, reaches out to the oarlock; puts oar in, closes and tightens oarlock
  - ☐ Makes sure the oarlock is on the stern side of the pin, with blades facing the stern
  - ☐ Pushes oars out so collar is flush with oarlock, and holds both oars at all times
  - ☐ Holding both oar handles together in the right hand, make sure the shell is sitting comfortably in the water, step onto the deck with the right foot, and lower down to the seat, keeping weight centered, and holding onto both oars
  - ☐ Tucks oar handles firmly between the knees and chest while adjusting shoes
  - ☐ Launches from dock by walking off the end or shoving off with inside hand, then while maintaining balance, pulls the starboard oar in slightly to push off the rest of the way
  - ☐ Knows how to take strokes to get away from the dock
- ☐ Knows how to safely dock and exit a boat:
  - ☐ If returning from upstream, crosses the river downstream of GWC even with or past the McQuaid dock but well before the Elmwood Ave. bridge
  - ☐ Docks with bow pointing upstream (GWC on starboard/left)
  - ☐ Approaches dock at an angle and checks port blade at appropriate time to land without hitting the bow ball on the dock but close enough to reach out and grab the dock
  - ☐ Reverses steps of entering a boat to exit the boat
  - ☐ While boat is being held securely on the dock, either by partner, oars (if river is calm and no wind) or bungy cord, opens the boathouse and places slings in the breezeway closer to the restrooms, than the boathouse (this allows room for other rowers to get boats out or return boats to the boathouse)
  - ☐ Carries the boat up independently or with a partner and places in slings for cleaning
  - ☐ Retrieves oars and cleans them before placing them back in the racks
  - ☐ Washes and dries boat before returning it to the correct rack in the correct orientation

## Technique

- ☐ Has a good understanding of sculling technique and is comfortable trying to make technical changes while rowing
- ☐ Can demonstrate body positions: Release, Hands Away, Body Over, Prep, 1/2 slide, Catch
- ☐ Executes properly sequenced Drive and Recovery
- ☐ Responds to “Weigh Enough” & “Check it Down”
- ☐ Demonstrates steering ability while in motion including the ability to check point and adjust course while continuing to row by lengthening on one side
- ☐ Can spin by holding handle close to the rib cage to stabilize, rowing arms only with other hand, OR, alternating backing/rowing
- ☐ Can demonstrate how to get back in the boat if it flips: either re-entering in deep water or using the shell as a paddleboard, kicking to shallow water or the bank and getting back in
- ☐ Can safely back the boat from a standstill
- ☐ Knows and demonstrates how to pass or be passed safely
- ☐ Sculls comfortably and confidently while executing basic pick and pause drills in constant motion (Release, Hands Away, Body Over, 1/2 slide)

- ☐ Has a repertoire of 3-5 other drills to aid in skill development
- ☐ Knows how to execute paddle pressure, 1/2 pressure, Full pressure