

CHECKLIST FOR QUALIFYING SCULLERS TO USE THE CLUB AEROS

The following is the minimum knowledge and skill set that a sculler must have in order to use a Club Aero at LMRC without the direct supervision of an LMRC coach.

Items marked with [i] are points of information about LMRC's procedures, equipment, and facilities which the novice sculling class instructor or the person administering an Aero checkout should explain to prospective scullers.

Items marked with empty brackets [] are actions that the instructor or checker should observe the sculler doing correctly; these items constitute the "test" which determines whether or not the sculler is approved to use the Aeros. For example, the item "[] Be able to adjust the boat's course (steer) while rowing continuously," implies that a sculler who needs to stop rowing in order to adjust course or to check where they're going should not be approved to use the Aeros without supervision.

Administrative -----

[!] Proceed with the checkout only if swim test and release form have been submitted.

Before launching -----

- [i] Know where the light switch and signout log are.
- [i] Check the white board for notice of special conditions.
- [] Use the log to sign your boat out onto the water.
- [i] Know which oars are club oars, and how to identify oar pairs.
- [i] Know about the weight designations for the Aeros, and which best fit your weight and height.
- [i] Know what the traffic pattern is.
- [i] Know what to do if you capsize: [*details still in discussion*]
- [i] Know how to determine where to position the footstretchers.
- [] Know how to open and close the self-bailers.
- [] Know how to replace a seat on the seat tracks.
- [i] Know that, when reasonable, it's courteous to give overtaking boats the right of way.
- [i] Know what to do if another boat is on a course which may approach uncomfortably close, and when to do it (sooner is better than later).
- [i] Know how to take down the goose lines before rowing and how to put them back in place when you're done.
- [] Know the meaning of bow, stern, port, starboard, way enough, hold water.
- [] Get oars from the rack and out of the bay without hitting them on something.

Moving the boat to the water -----

- [] Check that the stern plug and hatch cover are in place.
- [] Before setting a boat in slings ALWAYS check that you will not set the skeg on the sling.
- [] When you roll a boat over in slings, take care to avoid hitting an oarlock on the ground, banging the hull or deck on one of the uprights of the slings, or touching the sling with the skeg.

[] Use the dolly and slings to move the boat from its rack in the boat enclosure to the water in such a way that you only need to lift one end of the boat at a time.

Included in using the dolly:

- [] DO NOT REST THE BOW OF A BOAT ON ITS BOWBALL.
- [] Place the dolly under the stern of the boat

-] Make the transfer from the rack to the dolly without contacting other boats.
 -] Move the boat to the water from the slings without contacting the dock, and checking to avoid hitting the skeg on the dock.
 -] As an alternative to using the dolly, carry the boat from the rack to the water.
- Included in carrying the boat:
-] Ways to extract a boat single-handed from a difficult-to-access rack.
 -] Carry the boat beside you upside down from the rack to the slings outside the enclosure.
 -] Carry the boat inverted on your head from the slings to the water.
 -] Place the STERN in the water first, then work your way up the boat towards the bow to a point where it's easy to place the rest of the boat in the water without contacting the dock.

Getting into the boat -----

- i] Know which way the oarlocks should go and how to recognize if you're rowing with an oarlock reversed.
-] Properly place the oars in the oarlocks and lock the oarlocks.
-] Move the slings out of the way.
-] Maintain control of both oars at all times: entering the boat; rowing, resting, and making adjustments on the water; and getting out of the boat.
-] Get into the boat reliably, with the boat several inches from the dock to protect the riggers and the "lip," and walk the boat off the dock reliably.

On the water -----

-] Properly adjust footstretchers on the water.
-] Follow the traffic pattern.
-] Always look around *before* you start rowing. In a checkout, starting to row without looking is a fail.
-] While rowing look around every five strokes or so, alternating sides. In a checkout, more than 10 strokes without looking is a fail.
-] Maintain a straight course while rowing continuously.
-] Be able to adjust the boat's course (steer) while rowing continuously.
-] Do a river turn, moving both hands back and forth together.
-] Back in a straight line with proper feathering of the blades.
-] Effectively bring a moving boat to a stop. Respond appropriately to "Way enough! Hold water!"
- i] Know the high risk areas: the three stopping/turning points (the dam, the Embarcadero, the end of the finger); the log boom (both winter and summer positions); boat traffic around the sailboat house; the rocks at the turn into the finger; all the piers; and the gravel bar by the 12th St bridge/channel.
- i] Know how to judge the water level in the lake; allow extra distance from shore when the water level is low.
- i] Understand the need to allow for wind in general, and in particular near the log boom if it's up or near the oil barrier at the Embarcadero if the log boom is not up.

Docking -----

- i] Non-coxed boats must be backed in to the dock.
-] Dock the boat reliably at least once on each side.
- i] Know strategies for docking when it's windy.
-] Get out of the boat and onto the dock reliably, without putting pressure on the riggers or deck.
-] Remove oars from oarlocks reliably.

After docking -----

- [] Get the boat out of the water and onto slings without hitting the boat on the dock, checking to avoid hitting the skeg on the dock or setting the skeg on the slings.
- [] Transfer the boat one end at a time from the slings on the dock to the dolly on the pier.
- [] Use the dolly to move the boat to slings in the boat washing area.
- [] As an alternative to using the dolly, carry the boat from the water to the slings in the boat washing area.
 - [] To remove the boat from the water for carrying, lift the bow out of the water first, then work your way towards the riggers until you reach the balance point, lift the stern out of the water, and finally roll the boat up onto your head.
- [] Wash the boat: deck, cockpit, hull, riggers, with particular attention to washing the tracks.
- [] When you roll the boat over in the slings, be careful not to hit an oarlock on the concrete or to bang the deck of the boat on one of the uprights of the slings.
- [] Move the boat from the wash area back to its rack either with the dolly or by carrying it, stopping at a sling outside the fence if you need to unlock the gate.
- [] Return the boat to its rack without contacting other boats.
- [] Return the oars to the oar rack without hitting anything.
- [] Use the signout log to sign your boat back in and to check if anyone else is still on the water.
- [] Tidy up: hang up towels, store buckets and other items that could blow away.
- [i] If you're the last one off the water, put the goose lines back in place, store the slings on the pier, coil the hose and store it in the bay.
- [i] Know how to use the equipment damage log. Put a note on any boat that should not be used.
- [i] Turn out the lights (unless it is dark or getting dark and someone else is on the water) and lock all the doors and gates as you leave. Note rowing at night is a separate approval.

Qualification to use the Aeros -----

- [i] Be able to identify the Aeros.
- [i] If you passed the novice class or the Aero checkout, you are now qualified to use a Club Aero without coach supervision, in daylight only.
- [i] Understand that additional approval is required to row a double, to row in low light, to row Club training singles, and to row the racing singles and doubles. Special restrictions apply to rowing a quad. Before rowing in any of the above, refer to the Club's Boat Use Policy and be sure that everyone in the boat meets the requirements for that boat.
- [i] Qualification to use the Aeros specifically does NOT include your use of LMRC facilities or equipment to show someone else how to row.
- [i] Before hosting a visitor, refer to the Visitor Policy and be sure you have met its requirements.