

CHECKLIST FOR QUALIFYING SCULLERS TO USE THE CLUB TRAINING SINGLES

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

There are two components to the trainer checkout: an aero component and a trainer component.

The aero component is a test which checks whether the candidate meets a standard of competence in an aero that suggests that s/he is ready to try a training single. The tester may use some discretion in deciding whether the skills demonstrated in the aero component indicate readiness to try a trainer, and hence whether the sculler has “passed” the aero component.

The trainer component is supportive instruction for use of a narrower boat. It is not a test.

At the end of the checkout, the tester will decide whether or not the sculler is approved to use the club training singles without coach supervision. Based on performance in the trainer, the tester may withhold trainer qualification from a sculler whom the tester deems not ready to use a trainer without supervision, even if the sculler has passed every part of the aero component.

The Aero component:

- 1) Get the boat off the rack and into the water correctly.
- 2) Put the oars in the oarlocks correctly.
- 3) Get in easily.
- 4) Know how to determine where to position the foot stretchers; adjust the foot stretchers on the water.
- 5) Row in a straight line from the dock to the beach or an equivalent distance, looking over the shoulder at appropriate intervals.
- 6) Row at high pressure for 15 strokes to demonstrate solid connection and a level of confidence.
- 7) Row for 30 strokes with the oars off the water on the recovery.
- 8) Demonstrate an effective panic stop.
- 9) Back in a straight line.
- 10) Do a river turn in both directions.
- 11) Dock perfectly on both sides.
- 12) Get the boat out of the water and back on the rack properly.

The trainer component:

- 1) Know what to do if you tip over.
- 2) Get the boat off the rack and into the water correctly.
- 3) Get in competently.
- 4) Adjust the foot stretchers on the water.
- 5) Row acceptably well, given newness to the boat.
- 6) While rowing, look over the shoulder at appropriate intervals.
- 7) Demonstrate an effective panic stop.
- 8) Back competently with arms and back.
- 9) Do a river turn in both directions.
- 10) Dock competently.
- 11) Get the boat out of the water and back on the rack properly.

Qualification to use the training singles -----

[i] If you passed the training single checkout, you are now qualified to use a Club training single without coach supervision.

[i] Be able to identify the training singles. Currently the club training singles are: the two Maas 27 singles, the Elvis, the Heron, and the Maas Flyweight.

[i] Understand that additional approval is required to row a double, to row in low light, and to use 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 training singles 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.