

## Certified Sculler Test Components – for Test Administrator

### On Land Pre-Row Review – check off items as Sculler fulfills/completes

#### Eligibility

- If ***DID NOT*** complete LTR at GCRA, then Sculler needs to fulfill:
  - Sculler has ability to swim 100m and tread water for 15 min
  - Sculler has watched USRowing Safety Video
- If ***DID NOT*** complete GCRA Small Boat Class, then need to do a Flip Test
- Sculler has confirmed they have reviewed current version of GCRA Rules & Regulations
- Shows Test Proctor proof of 10 Buddy Rows (as defined in Rules & Regulations) either on paper or in iCrew

#### Sculler answers following questions appropriately

- Rower classification & equipment usage
  - *What boats can you use as in intermediate sculler? (e.g. shows list of boat classifications/ proper body weight & expertise for use/ how to identify boat)*
- GCRA versus private equipment
  - *How do you identify private boats? (e.g. boat labels/ private shell rooms)*
- Safety rules
  - *Where can you find the safety rules (e.g. in Rules & Regulations on GCRA website)*
  - *When is boat lighting required? (e.g. 1 hour before sunrise)*
  - *When do you need to take a PFD? (e.g. always unless with a coach launch that has PFDs)*
- Permitted rowing conditions (weather, cold, etc.)
  - *Give some examples of when it is unsafe to row (e.g. heavy fog, lighting/thunder, white caps, heavy debris, fast current)*
  - *What is the 4-oar rule? (water temperature below 50 degrees F. if only one boat must have 4 oars; two singles must go out in pairs, within 100 feet of each other)*
- Equipment reservation system
  - *How do you check out a boat? How do you check in a boat? (e.g. iCrew using smartphone or Kiosk)*
- River traffic pattern
  - *How close should you be to the shore? (e.g. maximum 100 feet from shore between Dam and Hayden)*
  - *Where can you turn the boat? (e.g. after Fishinger Bridge, at the wall, Hayden Bridge)*
  - *Where can you find the traffic pattern if questions? (e.g. posted in the boathouse hallway/ GCRA website)*
  - *What should you do if you encounter wakes when rowing (move parallel, stop rowing)*
- Permitted rowing hours
  - *When are you allowed on the water? (e.g. May 1 to Sept. 30: Sunrise/Sunset during week; Sunrise to 10AM weekends and holidays, Oct. 1 to April 30: Sunrise/Sunset as long as conditions are safe)*

### Rowing Demonstration – check off items as Sculler fulfills/completes

**NOTE:** Tester must follow applicant through course to be sure he/she meets requirements. Tester may follow the applicant in another shell or in a launch.

• Sign out boat on iCrew	• Grab Personal Flotation Device (PFD)
• Maneuver the boat safely from racks to dock and back to the racks after rowing	• Place oars in oarlock properly
• Perform a basic equipment check	• Launch shell from dock without assistance
• Following Traffic Pattern, row a “Fish Loop” which entails rowing from the Dock to the Dam to Fishinger back to the Dock. This must be done while steering a straight course (except to avoid watercraft, debris or other objects).	
• Demonstrate the ability stop the shell abruptly, alter course abruptly, back, and turn using both oars (river turn)	
• Dock the shell on both sides of dock without assistance and without compromising the equipment even in presence of other shells (meaning dock in normal way, with bow pointing south, and then dock again, bow pointing north)	
• Wash boat and return Oars and PFD to boathouse	
• Act through process of closing up boathouse if alone – check if anyone else out in iCrew, and if not put up goose line, turn off lights	