

Small Boats Safety Class Agenda

The GCRA Small Boats Safety Class, over 4 sessions of 2 hours each, will provide the foundation for passing the Experienced Sculler Test.

Session 1 – On land review of GCRA Safety policies and best practices, practice with on-land preparation for rowing club boats

Session 2 & 3 – Time spent on the water building confidence in a single or double, practicing skills

Session 4 – Flip Test + “graduation” from Small Boat to doing Buddy Rows, information on Experienced Sculler Test

Flip Test includes: flipping boat, re-orienting boat and oars, and getting back into the boat successfully, whether in open water or by moving to shore.

Below is information that will be reviewed in Session 1, but will be reinforced through the sessions in order to ensure graduates are well prepared to be safe and confident scullers.

Information Review

- Traffic pattern for shells on Griggs
- GCRA Rules and Regulations
- Cold weather, May-October schedule
- Signing out/in boats/and how to reserve boats
- Finding & Placing Slings (make sure they are not private)
- Location of Club Oars that can be used
- Locations of Club Shells that can be used
- Anatomy of a Shell

Practical Review

- Proper way to carry Oars down to the Dock
- Proper way to handle a Shell getting in and out of the Boathouse (into Slings)
- Proper way to handle a Shell from Slings outside of Boathouse to Dock
- Proper way to place the Shell into the Water on the Dock
- Proper way to put Oars in Oarlocks
- Proper way to get into/out of Shell

Logistics Review

- Make sure to sign Shell out when you are leaving and sign it back in when you are returned
- If last person in, put up the Goose Line