



CAPTAINS TEST

SAFETY

1. WHICH WEATHER CONDITIONS ARE UNSAFE FOR ROWING?
2. WHAT SHOULD YOU DO IF A THUNDERSTORM IS APPROACHING AND YOU ARE ON THE WATER?
3. WHAT SHOULD YOU DO IF LIGHTNING STRIKES APPEAR TO BE OCCURRING IN OR NEAR THE IMMEDIATE VICINITY?
4. MAY YOU ROW IF VISIBILITY IS LIMITED DUE TO FOG?
5. WHAT EXTRA EQUIPMENT MUST BE ON YOUR BOAT AND FUNCTIONING IF YOU ROW BEFORE SUNRISE OR AFTER SUNSET?
6. DESCRIBE THE TRAFFIC PATTERN FOR ROWERS (SCULLING AND SWEEP BOATS) IN THE INTER-COASTAL WATERWAY.
7. WHICH DIRECTION MUST YOU PROCEED IN WHEN LEAVING THE DOCKS/LAUNCHING AREA?
8. DESCRIBE THE COURSE YOU MUST TAKE WHEN RETURNING TO SARASOTA CREW.
9. WHY IS IT IMPORTANT TO KEEP OUT OF THE MIDDLE 1/3 OF THE INTER-COASTAL WATERWAY?
10. A BOAT IS GAINING ON YOU – WHAT DO YOU DO, AND WHO HAS THE RIGHT OF WAY?
11. A POWER BOAT IS COMING TOWARD YOU, WHAT DO YOU DO AND WHY?
12. WHAT ARE THE HAZARDS THAT NEED TO BE CONSIDERED IN THE AREA BETWEEN THE NOKOMIS BRIDGE AND THE SIESTA KEY NORTH BRIDGE.





13. YOU ARE UNABLE TO ROW FOR A FEW MOMENTS, AND A BOAT IS GAINING ON YOU. WHAT DO YOU DO?

14. YOU WOULD LIKE TO TURN AND CROSS THE INTER-COASTAL WATERWAY TO RETURN TO THE BOATHOUSE, BUT ANOTHER BOAT IS APPROACHING. WHICH BOAT AS THE RIGHT OF WAY, YOURS OR THE BOAT TRAVELING ALONG THE RIVER?

15. WHAT IS MEANT BY “WEIGH ENOUGH”?

16. WHEN MIGHT YOU “HOLD WATER” AND HOW WOULD YOU DO THIS?

17. DESCRIBE VERBALLY HOW YOU WOULD GET BACK INTO A SHELL AFTER FLIPPING.

18. WHAT TYPES OF CLOTHING ARE NOT SUITABLE FOR ROWING AND WHY?

19. WHAT ARE THE DANGERS OF ROWING WHEN THE WEATHER/WATER IS COLD?

20. HOW WOULD YOU PREVENT HEAT STROKE/ HEAT EXHAUSTION?

21. WHAT BOATS ARE AVAILABLE TO SARASOTA CREW MEMBERS AND WHEN CAN THEY BE USED?

EQUIPMENT HANDLING

1. WHY DO YOU CHECK YOUR EQUIPMENT BEFORE EACH ROW?
2. WHICH PIECE OF EQUIPMENT IS IMPORTANT FOR YOUR ESCAPE FROM THE BOAT IF YOU FLIP, AND SHOULD BE CHECKED BEFORE EVERY ROW?
3. WHAT MAINTENANCE TASKS SHOULD YOU COMPLETE AFTER EACH ROW? STATE WHY YOU WOULD DO EACH TASK.
4. WHAT DO YOU DO IF THE BOAT IN WHICH YOU HAVE BEEN ROWING SUFFERS DAMAGE DURING YOUR ROW?





CAPTAIN'S TEST PRACTICAL NAME _____ DATE _____
PASS _____ FAIL _____ COACH'S SIGNATURE _____

FOR SCULLERS TAKING THE TEST AS A ONE TIME APPOINTMENT THEY SHOULD DEMONSTRATE THESE SKILLS WITHOUT LOOKING AT THIS LIST DURING THE TEST. ATHLETES MUST PERFORM ALL TASKS SUCCESSFULLY IN ORDER TO PASS.

- ____ DEMONSTRATES PORT AND STARBOARD.
- ____ SIGNS APPROPRIATE BOAT IN AND OUT.
- ____ CARRIES APPROPRIATE OARS DOWN BLADES FIRST.
- ____ CARRIES BOAT IN AND OUT OF RACKS WITHOUT HULL OR RIGGERS TOUCHING ANYTHING.
- ____ PLACES BOAT IN WATER WITHOUT TOUCHING DOCK.
- ____ PLACES OARS PROPERLY IN OARLOCKS WITHOUT STEPPING ON TRACKS.
- ____ CHECKS THE EQUIPMENT FOR SAFE OPERATION AND LOOSE PARTS.
- ____ PROPER ENTRY INTO THE BOAT (NO SHOES).
- ____ PUSHES OFF DOCK AND MOVES AWAY FROM LAUNCHING AREA
- ____ ROWS WITH CONTROL OF THE SET, CLEAN FEATHERING AND SQUARING (FULL STROKES AFTER A WARMUP).
- ____ ROW AT LEAST 10 STROKES WITH SQUARE BLADES.
- ____ CHECK THE BLADES CAUSING THE BOAT TO STOP QUICKLY.
- ____ TAKE 10 BACKING STROKES.
- ____ MAINTAINS CORRECT COURSE WHILE ROWING CONTINUOUSLY.
- ____ DEMONSTRATES SAFE TURNING AROUND AND CROSSING THE INTER-COASTAL WATERWAY, INCLUDING CHOOSING APPROPRIATE SPOTS TO TURN.
- ____ RETURNS TO THE DOCKS/LAUNCHING
- ____ LANDS THE BOAT UNASSISTED WITHOUT HULL TOUCHING THE DOCK.
- ____ REMOVES OARS AND FASTENS OARLOCKS
- ____ PERFORMS ALL BOAT MAINTENANCE TASKS (WIPE HULL, VINEGAR, WIPE TRACKS, OPEN VENTS)
- ____ RETURNS BOAT TO RACKS WITHOUT ALLOWING HULL OR RIGGERS TO TOUCH ANYTHING.
- ____ RE-STRAP THE BOAT TO THE RACK WITHOUT DAMAGING HULL.
- ____ LOGS OUT ON TIME.
- ____ RETURNS OARS TO CORRECT RACK.

