



ST NEOTS ROWING CLUB

Advanced Competent Sculler Assessment Checklist

Applicant:	
Assessor:	
Date completed:	

1.	Risk assessment	Completed (Y/N)	Comments
1.1	Able to describe how to assess risk before going afloat and completed a personal risk assessment		
1.2	Name of emergency contact provided to Captain		
1.3	Able to read a car number plate from 20 m with eyewear used in the boat		
1.4	Personal health issues/medical history which should be considered when participating in exercise and/or being alone on the water.		
1.5	Understands the latest Club Plan on protocols in place for managing the risk of the spread of COVID-19 and has considered mitigation needed within own risk assessment.		
2.	Navigation		
2.1	Able to describe the river navigation using the map		
2.2	Able to scull lock to lock demonstrating both control and correct circulation		
2.3	Identified key hazards and danger points		
2.4	Identified specific precautions at hazard points and when in faster stream		
3.	Equipment and safety check		
3.1	Identify and check key safety points on boat and blades before putting in the water		
4.	Lifting, launching and recovering a boat		
4.1	Demonstrate a working knowledge of the principal parts of the boat and blades		
4.2	Make basic adjustments and perform simple maintenance tasks		
4.3	Demonstrate safety procedures for letting others aware of where you are i.e. white outing board and emergency contact		
4.4	Understanding of process for reporting and recording damage		
4.5	Able to safely remove boat from rack correctly and place in water		
5.	Capsize drill		
5.1	Has completed a capsize drill and swimming test, as defined by BR		
6.	Control of boat (single)		
6.1	Embark, adjust correctly, and pull away from the landing stage unaided		
6.2	Demonstrate correct positioning on the river at all times and		



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	regular look out		
6.3	Turn the boat 360° in its own length, clockwise and anticlockwise within a reasonable amount of time		
6.4	Able to execute an emergency stop		
6.5	Demonstrated ability to race in a public race or time trial as a steer		
7.	Control of boat (single)		
7.1	Able to scull 10 consecutive strokes without blades touching the water during the recovery (if boat balanced and blades skim water occasionally this is acceptable; this test shows balance rather than leaning on the water)		
7.2	Able to take 5 consecutive strokes square blade paddling (if boat balanced and blades touch the water occasionally this is acceptable)		
7.3	Able to take 3 hard strokes and sit in hands away position for 10 sec with blades not touching the water. (if boat balanced and blades skim water occasionally this is acceptable as long as a correction is made)		
8.	Incident		
8.1	Able to describe how to report a safety incident		
9.	Injury / first aid		
9.1	Identify the location of the first aid box		
9.2	Describe actions in event of injury		
10.	Personal Liability insurance		
10.1	BR membership or other personal liability insurance		

This assessment checklist to be monitored and updated as appropriate.

The assessment to be undertaken by any club coach or another competent sculler who is also an officer of the club.