



Intermediate Sculler Assessment Checklist

Applicant:	
Assessor:	
Date completed:	

		Completed (Y/N)	Comments
1	Risk assessment		
1.1	Able to describe key risks before deciding if it is appropriate to go afloat		
1.2	Name of emergency contact provided to captain		
1.3	Able to read a car number plate from 20m with eyewear used in the boat		
2	Navigation		
2.1	Able to scull between St Neots marina (upstream of Town Bridge) and the down-stream lock, demonstrating both control and correct circulation/navigation		
2.2	Identified key hazards and danger points		
2.3	Identified specific precautions at hazard points		
3	Equipment and safety check		
3.1	List the safety checks you need to do before boating		
4	Lifting, launching and recovering a boat		
4.1	Demonstrate a working knowledge of the principal parts of the boat and blades		
4.2	Demonstrate safety procedures for letting others aware of where you are i.e. white outing board and emergency contact		
4.3	Understanding of process for reporting and recording damage		
4.4	Able to safely move boat to/from rack/trestles/water correctly, with the help of another person if necessary		
5	Swimming & Capsizing		
5.1	Has completed a swimming test		
5.2	Describe and explain actions to be taken in the event of a capsized		
6	Control of boat (single)		
6.1	Can get in & out of boat independently		
6.2	Can pull-away from landing stage, and return after session, independently		
6.3	Demonstrate correct positioning on the river at almost all times, with regular look out		
6.4	Spin the boat 360° in both directions within a reasonable amount of time		
6.5	Able to execute an emergency stop		
7	Control of boat (single)		
7.1	Demonstrate the safety position		
7.2	Able to scull at least 30 consecutive strokes, at half		

	pressure or more, in a safe & controlled manner		
7.3	Demonstrate correct hand positioning, including correct foot stretcher position		
7.4	Able to back-down in a straight line for at least 50m		
8	Incident		
8.1	Able to describe how to report a safety incident		
8.2	Describe how to report damage		
9	Injury / first aid		
9.1	Identify location/s of first aid kit, safety equipment (eg throw-lines)		
9.2	Describe actions in event of injury		
10	Personal Liability insurance		
10.1	Understands that BR membership provides personal accident and liability insurance and without BR membership they may not be covered.		

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