

A. BIR Captain's Test for Single and Double Scullers and Pair Rowers

Name: _____ Date: _____

- Sign out of log book
- Safely un-rack shell
- Check rigging
- Adjust foot stretcher
- Safely carry boat to and place in water (water launch) without assistance*
- Mount oars properly
- Board and launch smoothly
- Row smoothly feathering with oars off the water
- Check way ahead clear of navigation hazards looking over both shoulders as frequently as appropriate for harbor location/conditions (maximum of every 10 strokes or so)
- Turn boat smoothly 180 degrees in both directions rowing with both oars
- Spin boat in place smoothly 180 degrees in both directions
- Row, back, and spin the boat with single oar, alternating oars to keep course
- Execute a controlled emergency stop starting from a stroke rate of 28
- Back boat 15 strokes smoothly
- Prepare for and land boat smoothly without grounding
- Safely return boat to yard without assistance*, rinse off, properly wipe down
- Rack stow boat without additional assistance*, rinse and stow oars.
- Completed a flip test in past five years
- Pass verbal test (rules of road, shell vulnerability and keys to visibility, harbor knowledge, BIR Safety Guidelines)

*For independent boat use

Coach: _____ Date: _____

File with the Director of Rowing