

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

Name: _____ Date: _____

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

Coach: _____ **Date:** _____