

## **Leicester Rowing Club Sculling and Steering Competency Assessment**

Aim: to ensure that club members who are sculling, coxing or steering coxless boats without continuous supervision from the bank are able to accurately assess their ability to train in the prevailing weather conditions, are aware of circulation patterns and capable of maintaining them and can respond appropriately in an emergency. When a cox is being assessed, it is the ability to instruct the crew and awareness of boat position that is the focus.

Before going afloat without continuous supervision from the bank a sculler, cox or the steersperson of a coxless crew boat must:

1. Demonstrate an understanding of how to assess if it is appropriate for the crew to venture out on the water in the prevailing weather conditions
2. Demonstrate an awareness of whether the planned outing is appropriate for the slot in the club timetable being used
3. Safely take the boat out of the boathouse and carry out the appropriate pre-outing safety checks
4. Place the boat on the water and safely leave the basin
5. During the course of the outing demonstrate a clear understanding of the local circulation pattern, an ability to check for approaching crews and an ability to maintain the appropriate course at all times, including when checking for approaching crews.
6. Awareness of when and where to spin and the ability to do so promptly when required
7. Ability to spin to bowside and to strokeside
8. Demonstrate courtesy to other crews, including an ability to increase pressure/ speed to keep ahead of an approaching crew this is doing a piece.
9. Demonstrate the action that should be taken if the crew finds itself out of position or should it encounter another crew that is out of position
10. Execute an emergency stop on a shout from the assessor
11. Demonstrate an ability to back down
12. Know the safe position and why blades should not be 'drawn in'.
13. Manoeuvre the boat in order to retrieve a floating object eg buoy, football, from the water
14. Explain in detail the safety procedures to avoid capsizing, and what to do in the event of a capsize, including identifying where it is possible to exit the canal
15. Land without assistance and without running the boat into or up the landing stages
16. Return the boat to the boathouse
17. Awareness of which incidents should be reported via the British Rowing Incident Reporting System

### Rowing at Night

Only experienced crews, coxes or scullers who have extensive practice steering in daylight should consider rowing at night. Only those approved by the Captain or Water Safety Advisor may scull or steer at night. A thorough knowledge of the safety requirements for sculling at night, i.e. white lights on bow and stern, position of lights for best visibility, suitable clothing etc. is required before this will be given.