



Captains Test – Practical Safety

Name: _____

Date: _____

Coach Signature: _____

Pass: _____ **Fail:** _____

Scullers taking the captains test as a one-time appointment should demonstrate the skills below without looking at the list during the test. Athletes must perform all tasks successfully in order to pass.

- ___ Demonstrates port and starboard.
- ___ Signs appropriate boat in and out.
- ___ Carries appropriate oars down to the dock, blade first.
- ___ Carries boat in and out of racks without hull OR riggers touching anything.
- ___ Places boat in water without touching dock.
- ___ Places oars properly in oarlocks without stepping on tracks.
- ___ Checks the equipment for safe operation and loose parts.
- ___ Demonstrates proper entry into the boat (no shoes).
- ___ Moves away from the docks in the proper course pattern (downstream first).
- ___ Rows with control of the set, clean feathering and squaring (full strokes after warm-up).
- ___ Rows at least 10 strokes with square blades.
- ___ Maintains correct course while rowing continuously.
- ___ Demonstrates safe turning around and crossing the river, including choosing appropriate spots to turn.
- ___ Returns to the docks following the proper course pattern (rowing to the Proctor Boathouse before crossing to row downstream to the docks).
- ___ Lands the boat unassisted without the hull touching dock.
- ___ Removes oars and fastens oarlocks.
- ___ Performs all boat maintenance tasks (wipe hull, wipe tracks, open vents).
- ___ Returns boat to racks without allowing hull or riggers to touch anything.
- ___ Logs boat back in on time.
- ___ Returns oars to correct rack.