

Name: \_\_\_\_\_

## Key Test Checklist

			Comments
<b>Safety</b>			
Has Viewed the Safety Video	[	]	
Read & Know Handbook Guidelines	[	]	
Read & Know Where to Find Emergency Action Plan	[	]	
Use Log Book properly (log in and out)	[	]	
Safe Rowing Conditions (wind, ice, fog)	[	]	
Check PFD, Safety Whistle, Heel Ties	[	]	
Familiar with Safety Equipment in Compound & Coach Boat	[	]	
<b>Launch</b>			
Place Stretchers out at Compound	[	]	
Clears Fin, Breakwater, Impeller & Riggers or Mounting Flanges when placing boat on stretchers	[	]	
Carry Oars with Buckets Forward	[	]	
Call Commands for Moving Boats	[	]	
Remove Boat from Storage without hitting Riggers or other Boats	[	]	
Close Vents and Bungs	[	]	
Check Nuts, Bolts, Riggers & All Equipment Before Launching	[	]	
Check for Secure Heel Ties	[	]	
Toes Over Edge of Dock when Lowering Boat	[	]	
Oarlock Facing Stern when Placing Oars	[	]	
Dockside Blades in First	[	]	
Proper Placement of Life Jacket	[	]	
Clear Rigger Bolts when Stepping in - boat 2" away from dock	[	]	
Hold Both Oars with Waterside Hand When Stepping in	[	]	
Step Only on Step Plate (rib at stern of seat deck) -keep heels off slides	[	]	
Adjust Foot Stretcher for Proper Finish Position	[	]	
Check Finish/Release Height	[	]	
<b>Water Manoeuvres</b>			
Bow Boat 1x, 2x, 4x	[	]	
Familiar with our River - Locate on map sandbars, oyster beds, buoys, channel markers	[	]	
Launch & Dock without Assistance	[	]	
Row 500m in a Straight Line - with mirror -looking back every 10 - 15 strokes for course without mirror	[	]	
Emergency Stop	[	]	
360 Degree Turn using both Blades - back with one, rowing with the other	[	]	
Course Correction with Oar Pressure - 5 times port, 5 times starboard twice, equally effective on both sides	[	]	
15 strokes backing	[	]	
30 strokes on the square that's relaxed and balanced	[	]	
Blade Bounce	[	]	
Rowing to a Small Deposited Buoy. as though someone is in the water	[	]	

**Docking**

- Bring boat to Dock Without Hitting [ ] \_\_\_\_\_
- Aware of Current and Wind Direction [ ] \_\_\_\_\_
- Exit Boat without Pressing on Splashboard [ ] \_\_\_\_\_
- Clear Rigger Bolts when Stepping Out \_\_\_\_\_
- Secure Boat if Leaving Boat (for shoes?) [ ] \_\_\_\_\_
- Close Gates after Removing Oars [ ] \_\_\_\_\_
- Open Vent Holes and Bungs [ ] \_\_\_\_\_
- Lift Boat Cleanly from Water (i.e. clear fin) [ ] \_\_\_\_\_
- Wash Boat including slides, seat wheels and riggers [ ] \_\_\_\_\_
- focusing on metal parts \_\_\_\_\_
- Replace Tennis Balls on Rigger Pins [ ] \_\_\_\_\_
- Place Boat Back Safely in Boat Racks on Foam Cover [ ] \_\_\_\_\_
- Tie Boat Down Securely [ ] \_\_\_\_\_

**Safety Boat**

- Drainage Plugs \_\_\_\_\_
- Appropriate Safety Equipment as Required by Cdn. Coast Guard [ ] \_\_\_\_\_
- min 2 paddles/oars - pfd for each person onboard [ ] \_\_\_\_\_
- bailing bucket -50 ft. (15m) throw rope [ ] \_\_\_\_\_
- sound signalling device [ ] \_\_\_\_\_
- Safety Lanyard [ ] \_\_\_\_\_
- Hook up Gas Tank, Start Motor [ ] \_\_\_\_\_
- Drive Boat to Deposited Buoy [ ] \_\_\_\_\_
- Stop Motor \_\_\_\_\_
- Deploy Ladder [ ] \_\_\_\_\_
- Understands Effects of Wind & Current on Boat Movement & [ ] \_\_\_\_\_
- Direction of Propeller Away from Rowers for Safety [ ] \_\_\_\_\_
- Stop Motor [ ] \_\_\_\_\_
- Relock Motor [ ] \_\_\_\_\_

**Terminology**

- Can define or demonstrate: [ ] \_\_\_\_\_
- Easy All/Let It Run Hold Water Port \_\_\_\_\_
- Starboard Bow Stern \_\_\_\_\_
- Deck Splashboard Breakwater \_\_\_\_\_
- Foot Stretcher Footboard Seat \_\_\_\_\_
- Slides Rigger Oarlock \_\_\_\_\_
- Gate Pin Rigger Nuts \_\_\_\_\_
- Heel Ties Fin Oar Sleeve \_\_\_\_\_
- Handle Bucket Oar Shaft \_\_\_\_\_
- Oar Collar Catch Finish/Release \_\_\_\_\_
- Drive Recovery Square \_\_\_\_\_
- Feather Crab \_\_\_\_\_