

ARA Skills Proficiency Checklist

Coaches/Instructors: Individual items may be checked off by a coach in advance of a formal skills assessment if the coach has knowledge of rower's experience through practices or lessons. All remaining proficiency items may be assessed through a planned skills assessment during a coached practice or other arranged time. Coaches will check off each skill as the member demonstrates proficiency. Upon successful completion, the member is qualified to row the boat(s) as outlined in ARA's **Skills Proficiency Overview**. To row a higher-end boat, the member may need further skill assessment for the particular boat.

LEVEL I

Safety

- 1. Viewed the USRowing Safety online video/DVD
- 2. Read the most current Team Management Plan

Boat Handling

- 1. Properly selects, carries and places oars at waterfront
- 2. With assistance from coach, cox, or crew mates, safely removes boat off rack
- 3. With assistance from coach, cox, or crew mates, safely carries boat down to dock and into water
- 4. Adjusts foot stretcher appropriately on the water
- 5. Places blades in oarlocks properly (placing dock side oar in first, blades facing correct direction, oarlocks tightened)
- 6. Enters boat properly

Rowing Skills and Navigation

- 1. Understands basic rowing terminology - Rowing Introduction and Terminology document is posted on the ARA website under:
<http://www.anchoragerowing.com/pdfs/Rowing-Intro-Terms.pdf>
- 2. Demonstrates safe level of functional blade work (path during squaring and feathering)
- 3. Understands the basics of checking and turning the boat

Returning and Racking the Boat

- 1. Returns to the dock/shore safely (in control, listening to cox, protects boat, considerate of dock users)
- 2. Exits boat properly (gracefulness not assessed)
- 3. Removes oars and properly places them
- 4. Closes and secures oarlocks
- 5. With assistance from coach, cox or crew mates, properly removes boat from water and returns to rack
- 6. Wipes off the boat

LEVEL II – All requirements for Level I and add the following:

Safety

- 1. Understands the ARA traffic pattern on Sand Lake for sweep rowing and sculling
- 2. Aware of the club safety rules, etiquette and guidelines (found in Team Management Plan, 4-oar rule, Sand Lake community, etc)

Boat Handling

- 1. Understands varying boat types and purpose (weight, skill)
- 2. Makes sure boat is unlocked prior to moving off rack
- 3. Adjusts spacers on water

Rowing Skills and Navigation

- 1. Understands procedures for checking and turning the boat
- 2. Properly holds oar handle at proper height and controls blades when balancing boat
- 3. Demonstrates understanding of body posture and phases of the rowing stroke

Returning and Racking the Boat

- 1. With assistance or independently, properly removes boat from water and returns to rack
- 2. Protects the boat from improper contact
- 3. Wipes off the boat, cleans inside as needed
- 4. Locks boat after practice is over

LEVEL III - All requirements for Levels I and II and add the following:

Safety

- 1. Understands proper response procedures for floatplanes
- 2. Signs into log book if not part of organized practice
- 3. Locks shed and shell pen prior to leaving dock for row

Boat Handling

- 1. Inspects boat, ensures nuts are tight on riggers
- 2. With assistance or independently, safely removes boat off rack
- 3. With assistance or independently, safely carries boat down to dock and into water
- 4. Departs dock/shore safely and effectively in a timely manner on both sides of dock, bow and stern led

Rowing Skills and Navigation

- 1. Demonstrates proficiency with blade work (path during squaring and feathering)
- 2. Able to lead navigation of boat by looking at rowing path frequently, calling steering commands, demonstrating awareness of surroundings, and identifying and avoiding obstacles
- 3. Identifies key landmarks and rowing pattern adjustments for weather and water conditions
- 4. Demonstrates ability to pick a point on land and row in a reasonably straight line

- 5. Executes an emergency stop in single or as a crew member
- 6. Turns/spins in place both directions (river turn)
- 7. Backs boat using the backing stroke
- 8. Demonstrates essentials of good rowing technique, balance, catch, drive, release and recovery

Returning and Racking the Boat

- 1. Wipes off the boat, cleans inside as needed, opens for drainage as needed
- 2. Properly ties down boat if warranted
- 3. Understands how to report equipment damage
- 4. Signs out of log book if not part of organized practice
- 5. Locks shed and shell pen

LEVEL IV- All requirements for Levels I, II and III, and add the following:

Safety

- 1. Acts as a mentor and provides leadership when rowing with members of lower proficiency

Boat Handling

- 1. If rowing a single outside of organized practice times, independently safely removes boat off rack (or if assistance is needed, obtains coach approval)
- 2. If rowing a single outside of organized practice times, independently safely carries boat down to dock and into water (or if assistance is needed, obtains coach approval)

Rowing Skills and Navigation

- 1. Knows what to do in case boat flips

Returning and Racking the Boat

- 1. If rowing a single outside of organized practice times, independently removes boat from water and returns to rack (or if assistance is needed, obtains coach approval)