Skills Proficiency Overview and Implementation (Version 4)
Anchorage Rowing Association Rowing Program

Background and Purpose

In line with continued efforts to improve the safety and ongoing skill acquisition of members, along with protection and maintenance of club equipment, the implementation of a rowing skills proficiency process had a soft implementation in 2017. Ongoing efforts at providing learn to row/scull participants, Novice rowers, and experienced members opportunities to maximize skill acquisition led leadership to provide a more standardized yet general “curriculum” distributed via courses, coaching sessions, and Skills Proficiency Checklist for Scullers and Coxless Crews.

This curriculum or checklist will provide the basis for a basic instruction or course content manual providing guidelines providing the following:

- Standardization and Continuity of content and instruction
- Ensure an improved and more complete learning process
- Help establish and/or clarify expectations for club equipment use
- Safety of membership and lake users
- Increased understanding of proper boat use and selection
- Protection and maintenance of equipment
- Ensure best logistics

The skills checklist was created based on club experiences, input from rowers and benchmarking of multiple national clubs to be used as an instructional baseline and skills proficiency list for Anchorage Rowing Association. The Categories of Proficiency also provide the basis for appropriate ARA club equipment use requirements for both sweep and sculling shells.

The natural progression from introduction to demonstration of skills takes place beginning with our Learn to Row/Scull courses, continues during time through the Novice/Junior sessions, and is ongoing with the Masters/Junior sessions. Refer to the table below.

Table 1. Skill Progression

<table>
<thead>
<tr>
<th>Purpose</th>
<th>Experience Level</th>
<th>Outcome</th>
<th>Categories of Proficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction (See)</td>
<td>LTS/LTR classes</td>
<td>See, Experience and Plan</td>
<td>I</td>
</tr>
<tr>
<td>Implement (Learn)</td>
<td>Novice / Junior sessions</td>
<td>Process, Develop &amp; Practice</td>
<td>II - III</td>
</tr>
<tr>
<td>Demonstrate (Do)</td>
<td>Masters / Junior sessions</td>
<td>Demonstrate/Improve skills</td>
<td>II - IV</td>
</tr>
</tbody>
</table>

Anchorage Rowing Association strives to provide individuals with quality and organized programming for a broad range of rowing skill levels. Sculling and sweep components include initial instruction for those with or without rowing experience, regularly scheduled coaching sessions for rowers of all levels and of utmost importance a safe and supportive environment for all rowers associated with ARA and users of Sand Lake. With skill progression rowers acquire greater confidence, safety and freedom. These acquisitions also increase responsibility.
Checklist Implementation

Appropriate access and use of club boats is dependent on skill proficiency and goals. Coaches track members’ skill progression and approve individuals for the following categories of participation:

Table 2. Categories of Proficiency

<table>
<thead>
<tr>
<th>Category</th>
<th>Use and Experience Requirements for Club Equipment*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category I</td>
<td>• Use only during coached rowing practice</td>
</tr>
</tbody>
</table>
| Category II | • Use during any coached sessions (sweep and/or sculling)  
            | • Based on coach discretion                        |
| Category III| • Use with a Level IV experienced sculler on the water with you.  
            | • Sweep (Can row in pair with coach present, four seats or more with at least two Category IV rowers in the boat uncoached).  
            | • Sculler (Classes Complete, can row boats with 2 seats or less, recreational equipment at coached times, four seats or more with at least two Category IV rowers in the boat uncoached)  
            | • Minimum 120K meters logged in a shell (approximate Novice class +).  
            | • Pass a skill proficiency test (not timed).          |
| Category IV | • Independent use of appropriate club equipment solo outside of scheduled practice when properly signed up.  
            | • Minimum 240K meters logged in a shell.  
            | • Pass a timed skill proficiency test.                 |

*Some technical requirements may differ between sweep and scull.

** Coxswain Amendment to be established.

Skill Proficiency Tests will be provided at the end of designated scheduled coached rowing sessions and specific scheduled dates/times based on need. Overview and practice time of the skills will be briefly provided during these scheduled times.

Refer to the *Skills Checklist for ARA Scullers and Coxless Crews* document for the content criteria for the Skill Proficiency Test. Refer to the *Boat Classification and Appropriate Use* document for boat selection with approved skill level.

Refer to the annual *ARA Team Management Plan* for additional information.
Skills Proficiency Assessment Procedures

Refer to *Skills Proficiency Overview and Implementation* for explanation of details.

Step 1. Introduce basic skillsets needed for safe and effective rowing. Direct rowers to Skills Proficiency Checklist for review during the Learn to Row/Scull courses. Basic awareness and begin experiencing skills.

Step 2. Incorporate skills necessary for safe, effective rowing while providing review of the *Skills Proficiency Checklist* emphasizing Categories of Proficiency established. Progression of skill instruction and experience during Novice sessions. Informally assess rowers’ skill proficiency and provide feedback.

Step 3. Implement instruction of complete set of skills necessary to successfully complete the *Skills Proficiency Checklist* through formal and informal rowing sessions. Provide designated sessions outside of regularly scheduled practices for Skills Proficiency Tests for rowers to achieve desired categories.

Rowers desiring to achieve Category III should review the *Skills Proficiency Checklist*, practice the skills and arrange to be assessed by a coach. Assessment may be made completed during regular sessions and designated non-timed skill proficiency testing sessions by arrangement and availability.

Rowers desiring to achieve Category IV should review the *Skills Proficiency Checklist*, practice the skills and arrange to be assessed by a coach during one of the designated timed skill proficiency testing sessions.

Upon successful completion of desired Category of Proficiency rowers are to refer to the ARA Club *Boats Classification and Appropriate Use* list and associated skill level. Coaches will provide education and direction with additional technique recommendations.

Communication

- Introduce skills proficiency process at the annual Icebreaker.
- ARA Weekly update – provide brief summary and requirements regularly.
- Incorporate as part of all classes and sessions.
- Announce designated Skill Proficiency Test Sessions for signup on ARA Calendar.
- Provide link on ARA Website. Include brief summary, procedure instruction, and document access.