

TULSA ROWING CLUB

Captain's Test

The purpose of the Captain's test is for rowers to demonstrate their capability of taking a boat out on their own in a manner that is safe for themselves, the equipment and others.

The Captain's test is primarily used for advancement purposes from novice to intermediate levels. It may also be used as a checklist for new members who have previously rowed or to evaluate rowers joining from other clubs.

When a member feels they are ready to test, the member should send an email to info@tulsarowingclub.org to be scheduled for an evaluation.

Boat Handling:

The rower must demonstrate proper, safe boat handling techniques to and from the rack, to and from the dock and while on the dock. Rowers should be able to:

- Demonstrate how to ensure the boat is safe to row - e.g. check footstretchers and safety release before rowing, ensure shoes are tied down properly.
- Demonstrate proper carrying techniques and commands (solo or with a partner).
- Not allow contact between the boat and other objects (such as the ground, buildings, trees, river banks, light poles, etc.).
- Yield to pedestrians, bicyclists, etc. when crossing the walking/running path.
- Place the boat in the water away from the edge of the dock so the skeg is not in danger of being damaged.
- Place oars in oarlocks correctly and in the proper order during launch/recover.
- Demonstrate how to properly get into and out of the boat.
- Demonstrate how to care and clean the boat after usage, open port hole covers, wipe down tracks, and cover oarlocks with protective covering before you rack the boat.

Rowing Competency:

The rower must exhibit a comfort and skill level that makes them very safe on the water. This goes beyond the ability to propel the boat forward. Rowers should demonstrate the ability to safely navigate in water with other boats as well as non-rowing shells. Key points are:

- Ability to launch and recover back to the dock without any assistance.
- Demonstrate boat stability and a comfortable rowing stroke.

- Demonstrate ability to stop quickly by bringing the shell to a complete stop on the water (e.g. Hold Water) - boat must be moving at a reasonable pace to demonstrate this
- Demonstrate the ability to back at least 15 strokes in a relatively straight line.
- Know and follow traffic patterns - know where you can cross the river.
- Ability to monitor other boats and non-rowing shells and frequently look where you are going.
- Demonstrate the ability to turn the boat 360 degrees both starboard side and port side.
- Know what to do when a faster boat is approaching (yield, move over, notify/yell at oncoming boat to let them know where you are - "Heads up - I'm on your starboard" etc.).
- Although there is no requirement which shell a rower uses for testing, rowers should use a shell they have been rowing and a shell they feel comfortable in.

Boathouse Policies:

- Understand the traffic patterns, including hazards and shallow spots.
- Understand what weather conditions and water levels are safe to row in.
- Understand proper care of boats and oars.
- Understand what to do if you flip the boat. Rowers do not have to demonstrate this but should be able to talk about what to do and how to handle the situation.
- Understand how to sign out a boat on iCrew and use the log book.
- Understand what boats are appropriate for rowing level and weight class.
- Understand where the Zink Lake water levels and water temperatures are posted.
- Be familiar with TRC Safety Rules.