Captain's Skills: Acknowledged and Approved

Name: _____ Date: _____

____ 1x Captain or ___ Team Boat Captain

1x Captains only – Under coaching instruction and supervision, rower to flip from 1x, attempt to re-enter boat from water, and row. This exercise is for instructional purposes only. Successful re-entry is not required.

___ Flip Exercise

1x Captains and Team Boat Captains Affirmation: I will:

___ Sign appropriate boat in and out
___ Carry appropriate oars down blades first
___ Properly place boat in the water
___ Place oars in oarlocks correctly, without stepping on tracks
___ Check equipment for safe operation and loose parts
___ Move away from the dock in the correct course pattern
___ Row with control and safety
___ Maintain correct course while rowing continuously
___ Make proper low tide turns around buoys
___ Safely square off turns when turning around and crossing the lagoon
___ Return to PCRA dock following the proper course pattern
___ Properly land the boat unassisted
___ Remove oars and fastens oarlocks
___ Properly remove boat from the water and carry it to the washing slings
___ Wash and wipe hull, wipe tracks, open vents
___ Properly return boat to the rack
___ Rinse oars and returns them to the correct rack

I certify that the above Captain/Applicant has demonstrated the skills to do all of the above.

_____ _____ _____
Coach Signature Print Name Date

_____ _____ _____
Captain Signature Print Name Date