

Minerva Bath Rowing Club

Competence testing and other information for scullers.

Introduction

The Club wants to encourage people to get out on the water in small boats, however safety must be the prime concern. As single sculls and double sculls are fast and inherently unstable, scullers need to be competent without supervision, if they are to be safe by themselves and to other boats on the river.

Competence

Competence tests can be carried out in either a single or a double. If you pass in a double, you will need to undertake a further assessment if you wish to scull in a single.

The club has defined three levels of competence:

1. Beginner
2. Intermediate
3. Fully Competent

The requirements for the two levels of competence are set out in the attached appendix.

Beginners

Beginners must always be under the direct supervision of someone suitably experienced and, if required, able to provide assistance. Supervision can vary depending on the size of boat you are in:

- | | |
|-------------------|---|
| Single (1x) | <ul style="list-style-type: none">• With a fully competent supervisor alongside in a single.• Supervised by an experienced rower on the landing stage – staying within sight (and shouting distance) at all times. The supervisor must have a throw line and be trained how to use it.• Supervised from a launch. |
| Double (2x) | <ul style="list-style-type: none">• With a fully competent sculler in the bow seat• With a fully competent sculler alongside.• Supervised from a launch |
| Coxed Quad (4x+) | <ul style="list-style-type: none">• With an intermediate or fully competent sculler in the boat• With an experienced rower or experienced cox in the boat• Supervised from a launch |
| Coxless Quad (4x) | <ul style="list-style-type: none">• With an experienced steer in the bow seat.• Supervised from a launch |
- All beginners may be supervised from the launch. They should stay in an agreed area or within an agreed distance of the launch.

- When you start sculling in a small boat, it is recommended that you use a boat fitted with floats, at the discretion of your instructor you can then progress to using a boat without floats.
- Once you are used to using a boat without floats you can then request to take the Intermediate Competence test (defined below) before being awarded a certificate.

Intermediate

Once signed off as an intermediate sculler, you are required to be accompanied by another intermediate sculler as a minimum.

- Accompanying scullers must maintain visual contact when on the water.
- It is recommended that you agree to meet up regularly, at fixed landmarks e.g. Railway Bridge, Minerva landing stage, top weir, Avon County, 500m marker. This is to ensure rapid assistance if a sculler gets into difficulty.
- You are not allowed out in a single by yourself, or to be unsupervised with a beginner in a double.
- In poor conditions (e.g. cold, fog, high wind or strong stream, scullers should arrange for closer contact. If the weather is sufficiently bad scullers should not go on the water at all, and undertake land training instead.

Fully Competent

Single and double scullers who have been passed as Fully Competent scullers can go out on their own at any time but should recognise the potential risks of the situation on the day, including river and weather conditions and large numbers of other boats. If you are not sure, please ask for guidance from a more experienced sculler or the club safety officer.

- Only scullers that have been passed as 'Fully Competent' can supervise beginners and novices.
- Assessments can only be carried out by the club Safety Officer or nominated coaches (please see the safety board for an up to date list).
- Someone other than your regular coach must carry out the assessment.
- Juniors are encouraged to take the competency test as part of their general development, however Juniors must be supervised by a qualified adult at all time irrespective of sculling competency.

Fully competent and intermediate scullers can use any of the club boats. Where possible, the boats listed below should be used only by members interested in racing:

- Bladud Single (heavy weight)
- Thermae Single (heavy weight)
- Ralph Allen Single (light weight)
- Fontus Double (light weight)
- Brutus Double (heavy weight)
- Juturna Double (medium weight)

Any level crew can use the clubs coxed quads, beginners should have an experienced cox or at least one experienced crew member.

Coxless quads can only be used by crews with an experienced bow-steers or with a launch in attendance throughout the session.

Note that the club captains are responsible for the allocation of all eights, coxed fours/quads and coxless fours/quads.

Boat booking

All sculling boats are reserved during club sessions. All members are welcome to row during the supervised sculling sessions, but please contact the relevant coach before the session (via your captain) so that you can be allocated a boat. Please see the newsletter or ask the Club captains for more information. Currently club sessions are as follows (the may vary from time to time):

- Monday 9 -11am Supervised sculling
- Wednesday 9 – 11am Supervised sculling
- Thursday 9 -11am Supervised sculling
- Sunday 11.30 – 1.30pm Juniors

Outside of these times, all singles and doubles may be booked using the white board located next to the boatshed entrance.

General advice

To avoid damage to boats, beginners should always have help when moving boats to and from the river.

If carrying a boat is near the limit of a sculler's strength, help should be requested. In high winds, intermediate and even experienced scullers could need help.

Scullers are strongly advised to wear light coloured clothing (preferably fluorescent), so they can be easily seen by other river users.

Hi-viz vests are available for use by members; these are kept with the buoyancy aids.

Supervisors should be aware that attaching floats does not greatly affect the speed of a boat. Racing shells are quicker and easier to steer in a straight line than the Virus. Additionally as they are longer and have a fin, they take more time to turn or manoeuvre.

Racking of private boats

Members wishing to store a private boat at Minerva are advised that they should consult the Club Policy, terms and Conditions for Racking of private boats. This document is available on the Club website and sets out the charges, terms and conditions for boat storage. Please note in particular:

- All private boats must carry a MIN number
- Storage is allocated by the Committee. Members should not assume that a rack will be available and in particular must not commit to buying a boat without checking that a club rack will be available (or making alternative storage arrangements.)

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ASSESSMENT SECTION.

Single or Double Sculler names;

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Date;.....

Assessor;.....

Attended Club organised capsized drill – YES / NO, date.....

Assessment competence level; Beginner / Intermediate / Fully Competent

Delete as not applicable.

Question	Answer	Sign off
Which side of the river are you to scull on?		
Standing on the club stage, looking cross the river, which direction is upstream?		
What should you do if you capsize?		
What should you do if you are out with someone in another single who capsizes?		
Please point out starboard side of boat.		
Which is Stroke side of the boat?		
What colour denotes Port side?		

What do the yellow and red markers on the rowing club steps denote?			
What are extra precautions to take if it's windy?			
What are extra precautions to take if there's a strong stream?			
Question	Answer		Sign off
What must you do before turning around or crossing the river?			
Where should you turn before coming into club landing stage if you are sculling downstream?			
Name and point out three safety features of your boat.			
Before you go out, should you check for damage to the boat?			
How do you report damage to a boat?			
If you capsize, what must you NOT do?			
WATER ASSESSMENT	Intermediate	Fully Competent	Sign off
Get the boat safely off the rack and on to the water. (If appropriate you may get help, but you must supervise the person assisting)			
Scull 5 or 10 consecutive strokes in a straight line at half / firm pressure.	5 strokes	10 strokes	
Emergency stop in 5 or 3 lengths from firm pressure.	5 lengths	3 lengths	
Turn boat around. 360 degrees.	40 seconds - single. 60 seconds – double.	30 seconds - single. 40 seconds – double.	
Scull backwards for minimum of 5 x ¾ length strokes.	5 strokes	8 strokes	

Scull in a straight line for a min of 5 strokes before correcting, must maintain correct side of the river at half pressure.	5 strokes	8 strokes	
Must be able to back-down for 2 boat lengths under control to a jetty or launch. If planning on racing, backing down to a 'stake boat'. And holding position in a cross wind.	Not applicable.		
Carry out a racing start and 10 firm strokes.	Not applicable.		
Return to the landing stage, and get the boat safely back on to the rack. (If appropriate you may get assistance with moving the boat, but you must supervise the person helping.)			