

TRC Certification for Scullers

The following is information to know and understand before certification can occur. Once certified a member will be allowed to take out Toledo Rowing Club owned singles. Certification is completed by approved individuals. These instructions are intended to help enjoy the sport of rowing while insuring safety of rowers and equipment.

To be certified you must be competent and confident in your swimming abilities should the boat capsize or you should fall into the water. As a part of the waiver you must sign, you will attest to your ability to swim and that you recognize the potential danger in the sport of rowing. There is also opportunity to complete a flip test in a safe environment. It will allow you to learn how to get back into a boat after it has flipped.

To be certified you must be able to competently demonstrate the following for each class of boat:

1. Equipment identification
 - a. Identify all parts of the boat and rigging by their proper names.
2. Taking the boat out of the boathouse.
 - a. Know and identify which boats are club owned.
 - b. Get help putting the hull on the boat cart or demonstrate you can remove the boat from the rack and carry it by yourself.
 - c. Take boat out of boathouse.
3. Select an Oarmaster if needed. (Alden Ocean Shells or Martin Trainers only)
 - a. Remove oarmaster from rack of club owned Oarmasters. "TRC" is on all riggers.
 - b. Take out of boathouse, not hitting any other equipment.
 - c. Remove the holding pins from the boat.
 - d. Place the Oarmaster in the boat between the brackets and replace the holding pins.
 - i. Pins are only meant to secure oarmaster.
4. Select oars from oar rack
 - a. Take oars which have "TRC" on them
 - b. Ensure that you have a matched set of oars. Most pairs have one oar with a green collar or green stripe and one with a red collar or red stripe. Get one of each.
 - c. Put your oars in the boat or on the cart.
 - d. **Never** change oar length or inboard.
5. Check the equipment
 - a. In Aldens, there must always be a Personal Flotation Device (PFD).
 - b. PFD's are recommended in all boats, but not required.
 - c. Check all the nuts and bolts to be sure they are tight and in good shape.
 - d. Check oars, riggers and shell to be sure there are no cracks or other defects which could affect you on the water.
6. Sign-out boat
 - a. Sign out boat in log book by entrance door
 - i. Your name
 - ii. Boat name
 - iii. Time out

7. Go to the dock
 - b. Close all doors and lock up the boathouse, if no one else is in the boathouse.
 - c. Cross the road staying in appropriate lanes of the road.
 - d. Lead the boat cart down the ramp; do not follow it.
 - e. Place “goose buckets” in center of dock if you are the first person down.
 - f. Remove oars from cart.
 - g. If a flat bottom boat and you do not have someone to help you, position the cart at a 45 degree angle to the edge of the dock and slide the boat off and into the water by pushing from the bow (not the Oarmaster).
 - i. If not an Alden Ocean Shell, watch for fin, and make sure it does not touch the dock.
 - h. If round bottom boat, demonstrate proper carrying of boat from cart to water.
 - i. Place dockside oar in oarlock.
 - j. Secure boat to the dock with the painter. If no painter, get someone to hold boat.
 - k. Take cart to the grassy area at the top of ramp.
8. Entering the boat (demonstrate all properly)
 - a. Place outboard oar in oarlock. Be sure collars are flush with oarlock.
 - b. Oarlocks should be facing towards the stern; i.e. toward the foot stretcher.
 - c. Port is red, starboard is green. (To determine which is port and which is starboard remember which way the boat is going to go when you are rowing it.) If using hatchets or big blades ensure larger portion of blade is closer to the water when the concave surface of the blade is facing the stern.
 - d. Untie the painter and put it in the boat. (Don't let it fall into the water.)
 - e. Hold both oar handles in outboard hand, place inboard hand on dock
 - f. Place outboard foot in boat in designated place (not the bottom of the boat).
 - g. Place inboard foot directly onto foot stretcher.
 - h. Tighten shoes and/or adjust foot stretchers. This can be completed at dock or after you push off. (If there are others waiting, adjust stretcher on the water.)
9. Pull away from dock
 - a. Either push off from the edge or slide your boat along the edge until both oars are clear of dock.
10. Demonstrate proper blade technique
 - a. Position of hands on oar handles and position of hands during the stroke.
 - b. Sequence of stroke
11. Demonstrate proper navigation of boat
 - a. How to steer boat while rowing.
 - b. Looking over shoulder without much disruption.
12. Demonstrate proper turning
 - a. Demonstrate how to make a river turn
 - b. Backing
13. Demonstrate an emergency stop—holding water

14. Safety Rules

- a. Identify rules of navigation.
- b. How to position boat in a wake
- c. Rules of Rowing of TRC including rowing in inclement weather or rough water.
NO ROWING if white caps or when lightning and/or thunder are present.

15. Docking

- a. You can choose to back in to the dock or row in to the dock.
 - i. Watch for the corner of dock; ensure shell does not hit dock.
- b. Check flags if they are up; use the wind to help you navigate into the dock.
- c. Once parallel and alongside the dock remove feet from foot stretchers.
- d. Place both oars in outboard hand, place inboard hand on dock. Slide out of boat
- e. Once out of the boat, pull outboard oar across.
- f. Remove oars from oarlocks and place on dock.
- g. Secure boat to dock with painter, or ask someone to hold the boat before you leave dock to get cart.
- h. If needed, get cart from top of ramp and take down to dock.
- i. If flat bottom boat and you are removing directly on to cart without assistance, place cart at 45 degree angle and pick up bow and place on cart. Pull boat up on cart until boat is balanced on cart. If the boat has a fin, please be careful!
- j. If removing shell with assistance, remove from water and carry up ramp to cart.
- k. If round bottom boat and you are alone, demonstrate extraction from water and placement in cart.
- l. Place oars in boat or on cart.

16. Returning to boathouse

- a. Sign the boat back in
 - i. Time
 - ii. Distance
 - iii. Trip #
 - iv. Any damage incurred during row.
- b. Inspect oars, riggers, and boat for any defects. If there are any, write in log book.
 - i. If there is any major damage, place in repair bay with a note.
- c. Wipe down boat to clean off dirt and excess water.
- d. Demonstrate that you can properly return boat, Oarmaster (if used), and oars to proper location.

If you should swamp or go out of the boat, stay with the boat. **DO NOT SWIM FOR SHORE!!**
You may push the boat toward shore. **BUT** never, Never, **NEVER** leave your boat.

If you would like to be certified, please call the boathouse at 419-698-9336, leave a message with your name, phone number, and a couple of time periods that will be convenient for you to get to the boathouse for certification. TRC will contact one of its certifiers and have him/her contact you to confirm a time. Remember that each time you want to “fleet up” to a skinnier boat, you must recertify for that classification of boat. It gets easier!