

Steel City Rowing Club Adult Skill Assessment - Check List

AT SCRC we want to provide all of our adult class members and club members a chance to progress their skill through our Beginning, Intermediate and Advanced Rowing programs. The Program Administrator will be keeping track adult progression through the program, so please notify her if you feel as though you have reached a new level and would like to test or if you need further information on how to gain an understanding of specific rowing assessment information. It is our intention for all SCRC adult rowers to review the below check list themselves.

Anyone who is *not* interested in progressing as a Beginner Rower will remain in the **Learn to Row program**.

To become an SCRC adult Beginner Rower:

- 8 hours of on-the-water rowing
- safely enter & exit a boat and set feet position
- execute a basic rowing stroke
- knowledge of basic SCRC and the Pennsylvania state safety regulations
- take the SCRC online test regarding water safety on the Allegheny River (20 minutes/15 true or false questions) request from the Program Administrator Test can be taken as many times as needed. A score of 80% must be attained.

Beginner Rower

As a Beginner Rower you are not longer considered a new adult rower. As a beginner you must always be accompanied by a coach in a SCRC program or private lesson. Beginning Rowing Members of SCRC are welcome to take SCRC approved equipment out without a coach being present, only if an Advanced Rowing Member is accompanying them.

To become an SCRC adult Intermediate Rower:

- 24 hours of on-the-water rowing
- understand how to check and assess safety conditions on the water such as water temperature and river height
- understand how to check and assess weather conditions such as wind speed and storm tracking
- Understand the following rowing terminology: Bow, Bow coxed boat, Button, Coxswain, Deck, Ergometer, FISA, Gate, German rigging, Lightweight, Oar, Port, Power 10, Repechage, Rigger, Run, Sculls, Shell, Slide, Starboard, Stern, Straight, Stretcher or Footstretcher, Stroke, Stroke Coach, Sweep, Swing. Rowing Terminology document is posted online under Forms and Documents page.
- Handle all equipment safely
- Knowledge of how to sign boats in and out of the boat bay

- An understanding of equipment damage and how to report it
- There is no testing, simply a commitment to learn, notify programsscrc@gmail if you would like to be considered an Intermediate Rower.

Intermediate Rower

As an Intermediate Rower you have shown the initiative to further your rowing skills through an *understanding* of the above listed information. All rowers are welcome to stay as an Intermediate Rower acknowledging this is a wide range of skills and that competition is not necessarily a part of the Intermediate Rowing program. Intermediate Rowing Members of SCRC are welcome to take SCRC approved equipment out without a coach being present, only if an Advanced Rowing Member is accompanying them.

To become an SCRC adult Advanced Rower:

- Must be a current SCRC Member (at any rowing membership level)
- Completion of a detailed SCRC online test of equipment and safety knowledge (25 minutes, 20 true or false questions) request from the Program Administrator
- One coached observation session (one hour) to be scheduled with Director of Rowing one week after taking your SCRC online test has been completed so that coaching staff can review it before the observational session. Items to be observed during the session will be:
 - o Communicate water time departure and return to outside source
 - o Sign In/Out
 - o Carry a 1x alone
 - o Launch the boat alone/ land the boat to the rowing docks alone
 - o Successfully row the river and avoid obstacles and shallow areas
 - o Be able to row while looking (max 5 strokes between looking)
 - o Stay on the shoreline during the row
 - o When crossing, cross perpendicular to the river
 - o Demonstrate what to do if flip on the shoreline/middle of the river
- The ability to match up rowing skill level and equipment. This is helpful if an Advanced Rowing chooses to accompany an Intermediate or Beginner Rower.
- An optional 2 day Adult Advanced Camp will be help once a summer that can serve as training to complete all above mentioned testing. This camp does have a fee so it is optional, but may be a good option for those who want to improve skill level and be tested to move up within the program quickly.

Advanced Rower

As an Advanced Rower you have shown the initiative to further your rowing skills through a *demonstrating* the skills listed in the Intermediate Rowing assessment. As an Advanced Rower it is assumed that competition will be a part of your training. Racing is not mandatory, but is suggested as it can further improve rowing skill. Advanced Rowers Members of SCRC are welcome to take SCRC approved equipment out at any time.