

Steel City Rowing Club Adult Skill Assessment Check List

SCRC wants to provide all of our adult rowers with the opportunity to progress their skills through our Beginner, Intermediate and Advanced Rowing programs. We hope that the following information helps to create clear communication about how to progress as a rower through our adult programming.

If you feel that you have reached a new level in rowing and would like the opportunity to advance to a new level, please contact your coach to be considered for advancing your skill level. To advance to a new level, a rower should review the skills checklist for each level and have a good understanding of the specific rowing assessment required for each skill level sought. A coach can review the requirements with each rower and provide an opportunity to test the skills for each level. 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:

As a Beginner Rower you are no longer considered a Junior rower (ages 12-18) or 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.

- 8 hours of on-the-water rowing. This experience is completed in the Learn to Row program.
- Safely enter & exit a boat and set feet position in the boat.
- Execute a basic rowing stroke.
- Knowledge of basic SCRC and the Pennsylvania state safety regulations: [PA Fish and Boat Commission](#)
- Take the SCRC online self- test regarding water safety on the Allegheny River (20 minutes/15 questions) Test can be taken as many times as needed. A score of 80% must be attained. Beginner [On-Line Test](#)

To become an SCRC adult 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.

- 24 hours of on-the-water rowing experience.
- Understand how to check and assess safety conditions on the water such as water temperature and river flow and height. ([Water Safety Link](#))
- 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 or at: <http://www.usrowing.org/safety-guidelines/>
- 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.

To become an Intermediate Plus Rower:

As an Intermediate Plus rower you have continued to demonstrate initiative in furthering your rowing skills and have completed additional hours on the water. Intermediate Plus rowers acknowledge that they have a full understanding of all of the above requirements. Rowing members of SCRC in the Intermediate Plus level may take SCRC approved equipment out without a coach being present, only if another Intermediate Plus or Advanced Rowing Member is accompanying them.

- Must be a current SCRC Member (at any rowing membership level) in order to use club equipment outside of class time due to insurance coverage.
- An additional 24 hours of on-the-water rowing experience
- Verbalize appropriate use of equipment, comprehension of insurance coverage of club boats, knowledge of which boats are club boats. A list of boats that are available for member use is posted in the boathouse.
- There is no testing, simply a commitment to learn. Please contact your coach if you would like to be considered an Intermediate Plus Rower.

To become an SCRC adult Advanced Rower:

As an Advanced Rower you have shown the initiative to further your rowing skills through a demonstration of the skills listed in the Advanced Rower 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 Rower Members of SCRC are welcome to use SCRC approved equipment.

- 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). [Advanced Rower Test](#). Refer to: <http://www.usrowing.org/safety-guidelines/>
- One coached observation session (one hour). This session should be scheduled one week after completing your SCRC online test so that coaching staff can review it before the observational session.
- The ability to match up rowing skill level and equipment. This is helpful if an Advanced Rower chooses to accompany an Intermediate or Beginner Rower.
- An optional 2 day Adult Advanced Camp will be held 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 their skill level and be tested in order to move up to the advanced rower level.