A. Risk Assessment

Scullers should be competent at assessing the risk posed by the activities they might wish to undertake at BARC. These include (but are not limited to):

- The risks involved in handling the specific boat intended for the planned outing.
- The risks of failing to check equipment properly before getting on the water.
- The risks of handling blades incorrectly
- Risks derived from the prevailing and immediately forthcoming weather conditions
- Risks derived from the river conditions and river users (so including boat traffic, skill competency of individual boats present, transient and permanent obstacles, standard and varied circulation patterns, river height and river flow)
- Risks of capsize (including understanding when using a more stable boat is required to mitigate this)
- Personal risk factors (skills/health/tiredness/alcohol consumption in hours before outing)

All crews should also understand the correct circulation pattern for the boat they plan to use and the conditions and know and adopt the etiquette for turning.

B. Boat Safety Checks

- Perform 9 point check – hatches, steering gear, foot plate and shoes fitted correctly and working, heel restraints, bow ball, riggers, top nuts, seats fitted and working.
- Check for damage that may have appeared since the last outing which you deem could make the boat unsafe to use. *Email* details of any damage to RDM & Captain if unsure whether it has been recorded before.
- If you are not completely happy with the result of the checks, do not take boat out and log all concerns by email with the RDM & Captain.

C. Blade handling

- Identify the correct blade for the boat being used, appropriate to the crew
- Remove blades from the rack without disturbing other blade sets.
- Carry blades spoons forward without hitting obstacles or the ground
- Place blades down correctly, ideally with handles off the ground, spoons with tips down (NOT backs) and not obstructing the public footpath.

D. Boat Handling

The electronic attendance log held by the Captain and RDM will serve as the boat log. The paper log is suspended.

- **Organise and plan** the manoeuvre;
- Lift boat off rack, without the boat or riggers touching another boat, using and removing chocks as appropriate.
- Carry boat at waists, shoulders or above heads with the boat level.
- Position trestles correctly, at 1/3 and 2/3 along the boat length.
- Place boat on trestles in a controlled manner, boat level.
- Lift boat from trestles in a controlled manner, boat level.
- At water's edge, lift boat to heads. Place boat onto water on one movement, protecting the fin.
- Lift boat off water in one movement to waists with the boat level.
- Tie boat down and leave safely on trestles/outdoor rack
- Place boat on rack, without boat or riggers touching another boat.

E. Watermanship

1. Basic Rowing Skills
- Ensure boat is ready, safe, with blades in correct position
- Correctly adjust the stretcher
- Get in the boat using the correct process
- Get the boat safely off the landing stage and ready to row
- Get out of the boat using the correct process
- Understand backing down, when it is required, and how to do it.
- Understand and respond promptly to cox/steers instructions
- Execute a fast stop, using blades progressively squaring in the water

2. Basic Sculling (in addition to the above)
- Scull in straight line
- Steer in either direction; both gradually and a "strong turn"
- Steering should be whilst rowing continuously both blades.
- Turn the boat around in both directions with "spin turn" technique
- Turn the boat around aided by the current
- Show competence and control when a blade has an obstruction

3. Single Sculling and Coxless Steering
- Use correct calls (coxless boat)
- Know how to adjust foot steering (coxless boat)
- Demonstrate ability to steer correctly on Aire at BARC
- Steer correct course smoothly when crew rowing firm
- Call "hold it up" and manage a fast stop in a straight line
- Look over BOTH shoulders whilst maintaining technique