

**City of Coronado Club Room and Boathouse
CHECK LIST TO ROW INDEPENDENTLY**

Name: _____

Waiver & Safety Videos

- ___ Complete a Coronado Club Room and Boathouse Rules Agreement and Release of Liability.
- ___ Watch the Coronado Boathouse Orientation 7 minute video www.youtube.com/watch?v=IJDTXXpCOO
- ___ Watch a 3 minute video on how to get back into your boat if you flip www.youtube.com/watch?v=nhtv53MOrqA

Swim & flip test

- ___ Swim 100 meters in a competent manner, tread water for 5 minutes, put on a life vest while in the water.
- ___ Flip test – successfully climb back into rowing shell after falling out into the water.

The following rules must be followed at all times:

- ___ Float Plan – sign in before you row and sign out when you return every time you row
- ___ Never move a rowing shell alone, always have a staff member help
- ___ Use 3 part command when moving a rowing shell. 1. “Hands on” 2. Command (‘Up to shoulder’/’down to slings’/’down to water’ etc.,) 3. “Ready, ‘command’”. Movement happens on the Ready command.
- ___ Carry oars with blades facing forward
- ___ Hull never touches the beach, fin never touches anything but water
- ___ Know the traffic pattern of the bay

Rowers must be able to perform the following tasks successfully:

- ___ Carry rowing shell to and from rack, in and out of boathouse, onto slings and to the water without touching anything
- ___ Check equipment for safe operation (report loose or damaged parts). Seat rolls easily on the tracks, close stern plug and inspection port, open oarlocks, check that foot stretcher wingnuts are tight.
- ___ Place oars properly in oarlocks without stepping on tracks or the hull
- ___ Demonstrate proper entry into the boat
- ___ Moves away from/and return to the beach in the proper course pattern
- ___ Row with control of the set, clean feathering and squaring
- ___ Maintain correct course while rowing continuously
- ___ Return to beach unassisted without the hull touching the sand
- ___ Performs all boat maintenance. Rinse and dry all part of the rowing shell, wipe tracks, open vents, close oar locks. Rinse oars.
- ___ Return rowing shell and oars to correct rack.

Name _____

Birthdate (if under 18) _____

Boathouse Staff Name

Boathouse Staff Signature

Date

Certifies the above named has successfully completed the rowing checklist.