



Single Scull Competency Test

The purpose of this document is set out the minimum competency criteria for use of club single sculling boats by a person independently of any club supervision.

The audience for this document is competency assessors and club members who want to go out single sculling without supervision.

The key priority of the competency criteria is safety, specifically the safety of the sculler and other river users. The additional priority is protecting club equipment, specifically boats and blades.

Anyone undertaking the competency test should already be aware of the Club's rules and guidance, including the Club Safety Policy, the requirement to be able to self-rescue (tow the boat to the bank, re-enter the boat and return to the club or other safe location –all members must complete a capsized drill before gaining competency. Members are required to sign in and out of the outings book.

A competency assessor is a person so designated by the Club Captain, who will be an experienced single sculler, highly capable in all areas of the competency test and able to observe and verify the competency of others.

The Single Sculling Competency Test:

1. Familiarity and compliance with the Pre-Outing Boat Check, including checking heel restraints, covers, bow ball etc
2. Ability to carry boat and put down boat ensuring no damage. This is both on trestles on land and placing the boat on the water. This must be done individually.
3. Able to assess weather conditions, knowing what is safe and not safe for their experience level and ability.
4. Ability to get in and out boat, and leave and return to landing stage, safely.
5. Steers safely, including regular lookout, correct side of river, safely managing interactions with other users, appropriate adjustments for weather conditions (e.g. navigating tight areas such as bridges in cross wind)
6. Appropriate technical capability throughout the outing (including boat control, turning, backing, extracting from reeds, emergency stop).
7. Capsized drill, practiced in pool or river. Ability to re-enter the boat. This should always ideally be done after towing the boat to the bank to protect the boat, and from the river only when

necessary. If this has not been performed, the person may only scull when accompanied throughout the outing by another sculler that has performed the drill.

8. Sensible attitude, confident but not over confident. Able to identify risks and appropriate actions to mitigate those risks.