

Level: RP (Responsible Person)

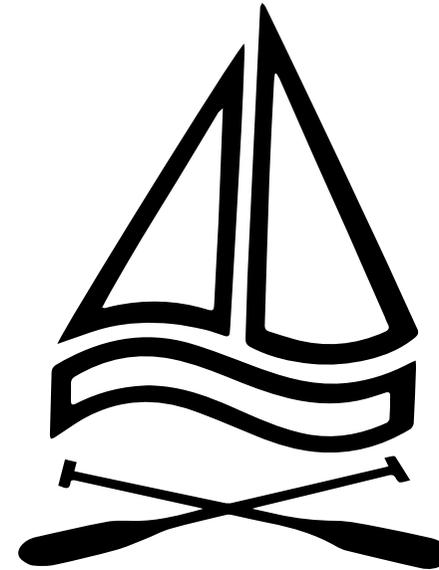
Key Skill

Is an experienced rower in all conditions including choppy waters
Is able to train all crew , including new rowers in good rowing and coxing techniques
Understands how to prepare for a tow
Can assess capability of cox and crew and make decisions based on this in all conditions including choppy water. Will take over from cox if necessary.
Can passage plan a day trip
Can read and understand marine charts and tide tables
Understands sea rules: buoyage systems, cardinal marks, vessels with right of way, etc
Is safety aware and can give a safety briefing before going on the water
Knows action to be taken to help those in distress, including taking part in man overboard drills (MOB)
Completes logged sessions with a range of different RPs
Has completed training on use of quad *
Holds a current first aid certificate*
Holds a VHF operator's licence*
Knows how to access information on marine traffic
Knows and applies rules & procedures of the club

* recommended

- There must be a RP for each rowing session
- The RP is responsible for the safety of the crew and the boat and is therefore in overall charge

St Ayles skiff rowing at Dundee Sailing & Rowing Club



Skills Booklet

Name

Level: Competent Rower

Key Skill	Date Achieved	Instructor(s)	
PREPARATION / SAFETY			
Familiar with the names of all the parts of the boat and the equipment needed to take the boat rowing			
Aware of boat & crew safety checklist procedure prior to setting out for row			
Experience of cleaning skiff, trolley & equipment			
Familiar with Log Book - recording any damage, etc			
Has basic knowledge of First Aid			
Can operate the VHF radio , understands how to use channel 16 and can make a May Day and Pan Pan call			
Can open up and close boathouse/clubhouse and is familiar on how to set alarm			
LAUNCH / RECOVERY			
Familiar with procedures for safely launching, safely recovering the boat and handling the trolley in all conditions including choppy water			
ROWING (theory & practical)			
Able to row efficiently and keep pace with the stroke. Understands the mechanics and the physical requirements			
Understands and can carry out all the orders required to control the boat: backing off, rowing forward, holding, port/starboard turns			
Competent at rowing in all conditions including in choppy water and can row in all rowing positions - Bow, No.2, No.3 and Stroke			
Understands how to drop & recover the anchor			
Understands procedure in event of capsize			

Key Skill	Date Achieved	Instructor(s)	
WEATHER / TIDES			
Knows where to obtain and understands local tide & weather information			
ROPEWORK			
Figure of eight knot			
Round Turn + 2 half hitches			
Bowline			
Clove Hitch			

Level: Competent Cox

Key Skill	Date Achieved	Instructor(s)	
Can issue CLEAR CONCISE commands needed to manoeuvre the boat safely and do so in a timely manner			
Can manoeuvre the boat with and without a rudder and is able to steer in all conditions including choppy water			
Can safely launch and recover boat onto slipway in all conditions including choppy waters			
Can come alongside pontoon/jetty, and tie up to a mooring			
Can safely land and launch the boat from a beach			
Can keep the crew motivated and informed			