

Criteria for use of Rowing Boats

Show basic understanding of tide tables
Show basic understanding of Rules of the River
Demonstrate correct choosing and fitting of a buoyancy aid
Explain and understanding of capsize drill

Row and Steer with Oars

Demonstrate correct position of stretcher
Demonstrate correct position of oars in rowlocks

Demonstrate ability to launch boat
Demonstrate correct entry into boat
Row forwards
Steer with oars while rowing
Turn using oars
Rotate using oars
Stop
Backpaddle
Come alongside shipping oars

Demonstrate exit from boat
Demonstrate ability to recover boat
Leave boat in fit condition

Below Cobden Bridge

Demonstrate full competency of the above
Show complete understanding of local tides
Possess the physical fitness required for longer distances
Understand the hazard associated with solo excursions