

CAPTAINS TEST performed in Alden Star or above

KNOWLEDGE OF SAFETY AND PROCEDURES
Watch US Rowing Safety Video, Sign HMC Waivers
Use of Logbook: Log in/out, report repairs, incidents, accidents, emergency contact
Pay \$40 Logbook Rowing use fee by cash/check made out to Hingham Maritime Center
Describe/demonstrate use of safety equipment: life preserver, radio
How to contact Harbormaster/HMC Base (channel 69) and/or US Coast Guard (channel 16)
Demonstrate knowledge of N/E/S/W, wind, tide to determine if safe and thus if/where to row
Demonstrate knowledge of best route to row (must be accessible by rescue launch)
Describe boat traffic pattern in channels, beach, rules of waterways
Describe safety protocol in lightning or sudden rough seas
Describe safety protocol in large wake – rower balance safety position, boat position to waves
Describe appropriate visibility measures rowers should take (bright colored shirts/hats)
Name Islands, Hazards, Landmarks (Channel, World’s End, Weir River, HYC, Ragged’s Rocks, Beach)
Permitted rowing range for Adult (inner harbor, Weir River, south of Bumpkin, North Beach)
Permitted rowing range for Youth (inner harbor, tip of World’s End to HYC channel Buouy #8)
BOAT HANDLING COMPETENCY
SELECT OARS carry to dock blades first, lay on dock tips (concave) down
SELECT BOAT place in water Echo/Alden/Zephyr/LiteBoat
PLACE OARS in oarlocks correctly, dockside oar first
ADJUST FOOTSTRETCHERS correctly (at finish position oar handles stop at ribcage ~7” apart)
BOARD BOAT safely (oars perpendicular, blades flat, butt oar handles together with waterside hand, then ease onto seat w/out damage to boat)
LAUNCH BOAT from middle of the dock at 20 degree angle for test – and row away from catch pos.
Demonstrate SAFETY POSITION (blades flat on water, oars perpendicular to boat, legs straight)
Demonstrate SITUATIONAL AWARENESS – look before you row, look around on drive
ROW ~500m full slide adhering to traffic pattern w/balance, ease, confidence and control
SAFELY STOP AND BALANCE 3-5” on the command “Weigh enough!”
BACK THE BOAT 10 strokes in a straight line
PERFORM QUICK START from safety position to get boat out of harm’s way (short quick strokes increasing to longer strokes with control)
PERFORM EMERGENCY STOP on the command “Weigh enough and check it down!”
PERFORM 180 DEGREE TURN in place in both directions
ROW IN STRAIGHT LINE looking over port & starboard shoulder
PERFORM SKID TURN to port & to starboard
SAFELY LAND BOAT AT DOCK WITHOUT ASSISTANCE OR DAMAGE (10-20 degree angle) into wind
SAFELY EXIT BOAT (from safety position, butt oarhandle ends together, grasp with waterside hand, ease body up, then onto the dock, then release and remove oars from oarlocks, waterside first)
EQUIPMENT: wash-rack-rinse-secure boat, wash & rack oars (note state of all equipment used)
LOG OUT: complete logbook entry, enter notes if any, return safety equipment to boathouse

_____ has passed the HMC Captain’s Test in Alden Star.

Date: _____

Head of Rowing: _____

Notes: