

KRC COMPETENCY TEST

Rower's Name _____ **Date** _____ **Boat Size** _____

WHO: Evaluators can be coaches/instructors of any KRC program, or additional designate(s) chosen by the coaches/ instructor who is considered experienced. The executive must approve of the evaluator also by simple majority.

PASS MARK: Competent responses/demonstrations in all 12 areas. If a rower does not show knowledge/awareness competency and competently perform these basic safety, boat handling, or boat moving tasks, he/she does not pass and constructive feedback will be provided by the evaluator at a convenient time post evaluation. When appropriate repetitive physical practice has occurred (to be agreed upon by the evaluator and executive) and/or sufficient time has been allowed for the rower to gather more complete information to respond to evaluation questions, the evaluator will reschedule the rower for a re-evaluation and let the executive know of the retest date and results.

TEST ENVIRONMENT: Attempt to perform the evaluation in reasonable weather and water conditions. Understand that a test environment can create a high level of anxiety. The evaluator will make all attempts to create an evaluation environment that demonstrates understanding of this aspect of evaluation and try to put the rower at ease.

EQUIPMENT REQUIRED FOR EVALUATION: Decent weather and water conditions for rowing, Several Sheets of Blank Paper, Pencil, Access to boathouse and rowing equipment, Coach Boat & Evaluator, Time: ~ 1-2 hours

1. Sketch a diagram of Shumway Lake on a separate sheet of paper and indicate the following: all dock locations (4), rowing flow pattern in all parts of the lake, all buoys, safe areas to beach and hazardous areas and areas to avoid as specific times of year (deadheads/stumps, caution areas in the flow pattern, potentially windy areas, location of rowing course cross wires, bird nesting areas).
2. Where is the public phone located? Where would you find the Club's emergency action plan? What information would you provide should you need to call 911?
3. Sketch a diagram of the 2 rowing/paddling docks. Indicate how you would launch and land in windy conditions. Describe what you would do if you are blown downwind from the dock due to wind while docking. If the water conditions suddenly become more challenging (eg. choppy water, cross winds) to maintain stability in the water while rowing at full slide, what changes can you make to help maintain stability on the water?

4. Sign off that you are capable of swimming 100 m nonstop.
5. Describe the racking position of the boat(s) and oars you use.
6. When would you use the logbook?
7. How could you save yourself if you fell out of a boat while rowing alone, or with other small boats?
8. Discuss what weather and light conditions should be considered when deciding to row or not row without supervision.
9. Show that you know how to disarm/arm the site alarm AND unlock/lock the boathouse door. Discuss what to do to troubleshoot the alarm should the green light not appear or in the case of a false alarm.

Now the rower will demonstrate his/her ability to handle a shell on land and on the water in Item #10.

10. A. Preparation at the boathouse

Show that you can safely, correctly and optimally:

- select/set up appropriate stretchers for your shell
- remove a shell from boathouse racks
- place onto appropriate stretchers
- checkout all rowing equipment prior to your row
- utilize log out procedures
- carry and deliver all equipment to the dock and water

10. B. On the dock activities:

Demonstrate how to safely/correctly and optimally

- set up all equipment at the dock for launching
- enter the shell
- shove off

10.C. On the water skill evaluation

At the direction of the evaluator, show competency in your ability to

- row in a straight line for 500 meters or 50 strokes with shoulder checks minimally every 10 strokes

- make 1 wide turn in each direction while rowing 500 meters or 50 strokes without stopping in between the 2 turns
- back the shell fairly straight a minimum of 150 meters or 20 strokes
- row in a full circle clockwise and then a full circle counter clockwise
- row 10 strokes and then hold water
- turn your shell 180 degrees using single starboard and port strokes repeatedly

10. D. Return to the Boathouse

- demonstrate optimal techniques to return to the dock
- exit your shell
- prepare to return the shell to the boathouse
- carry and stretch your boat
- prepare the shell for racking
- rack the boat in the boathouse
- return other equipment to their storage areas
- utilize log in procedures

**Performance Evaluation with the rower is now completed.
Evaluator to fill in #11 and #12**

11. Evaluator rates the rower's overall rowing skills on the water

Directions : After observing the rower performing skillsets in 10.C., use the scale and definitions below and then enter the number that represents the rower's rowing ability in the 4 categories listed.

Rating Scale:

- Very skillful rowers = 4 or 5 (req'd to row alone)
- Average skills= 3
- Competent beginner skills= 2
- Failure=1

Definitions:

- Stability: means the ability to balance the boat while rowing.
- Bladework: means ability to control the blades and how the hands work with the oar handles.
- Rhythm means the movement of the body, boat, and oars so that there is a powerful surge on the drive and fluid free movement on the recovery.
- Body Position means the ability of the rower to relax and move like an athlete.
- Boat Control means being able to control the movement of boat as required

Rate Rowing Ability:

___ Balance Stability ___ Bladework ___ Rhythm

___ Body position ___ Boat control

12. Evaluator circles that which applies for 1x Evaluation:

- Yes/No: Carries 1x independently competently.
- Yes/No: Carries 1x competently with assistance.