

UVRF Learn to Scull and Sweep to Scull Clinics

This document contains curricula for both the Learn to Scull and Sweep to Scull clinics offered by UVRF. The Captain's Test is included at the end of the document.

UVRF Learn to Scull (L2S) Clinic

The goal of this Clinic is to teach people from scratch how to row/scull. Its curriculum is basically the Sweep to Scull Clinic (see below) except that the participants in the Learn to Scull Clinic have not rowed before.

Suggested L2S Curriculum

On the first day of the two-day L2S clinic, begin by going over the following:

- Location of boats and sculling oars
- Description of different types of boats
- Dock monitor times
- How to reserve a boat
- How to sign out and sign in
- Traffic pattern on the river
- Safety considerations such as weather, current, obstructions, and avoiding other boats and swimmers

After going over the basics, carry one of the tubs down to the dock. Get in yourself and demonstrate the following:

- How to get in/out of a boat
- Where to put shoes while in the boat
- How to hold the sculling blades
- How to do a basic stroke
- How to launch/land and look
- The sculling "safety position" (holding sculls firmly with blades flat on the water, braced)
- How to stop and back the boat
- How to turn the boat

Then have the participants take turns getting into the boat and let them take a few strokes – launching, going around in a circle and landing if there's time. Once everyone has had a chance to sit in the boat, go over what they should do if they flip.

On the second day, get all the participants on the water and row with them the whole time. Once everyone is back at the dock, go over the procedures for putting the boats away: wiping them off and strapping them down. Go over the traffic patterns and safety precautions once again. Review the different kinds of boats. Tell them that they should start rowing in the tubs but they can advance to the Alden Star and then a Peinert 25 or 26 once they feel comfortable and ready to give that a try. Briefly describe the Captain's Test, which they will need to take at some point if they want to row when there is no dock monitor present. Finally, ask the participants to sign up for dock monitor duty sometime this summer.

UVRF Sweep to Scull (S2S) Clinic

At the end of the sweep to scull clinic, participants should understand the procedures for signing out and using UVRF equipment, which boats are appropriate for their skill level, proper safety precautions, river traffic patterns and their responsibilities for ensuring their own safety on the water. They should have a basic understanding of the sculling stroke, and know how to launch, land, steer, turn the boat around, stop the boat and back the boat.

Suggested S2S Curriculum

1. Orientation

- a. Show participants the location of club sculling boats and oars
- b. Identify boats that are available for general club use
- c. Describe respectful treatment of club equipment:
 - 1) ALL club boats (except for racing singles after you pass the captain's test using those boats) must be carried by two people to prevent damage to the equipment.
 - 2) Boats must be wiped down after each use.
 - 3) No shoes in the boat (repeat during dock talk). Shoes carry grit. Grit gets in the tracks.
- d. Describe procedures for reserving boats, signing in and out of the log book, and dock monitor hours.

2. Safety

- a. Emphasize individual sculler's responsibility for their own safety. They are responsible for deciding whether or not they row, and should use good judgment in assessing the conditions, and their ability to manage them given their experience and skill level.
- b. Describe "no-row" conditions
 - 1) No rowing in thunder and lightening
 - 2) No rowing in low visibility conditions
 - 3) Hours of daylight-based on sunrise sunset calendar in the log book
 - 4) Fog – if you can't see across the river, don't go out
 - 5) No rowing when there are white caps on the water
 - 6) No rowing if the club closed the dock due to flow conditions (see below - 15k and over is cut off)
- c. Describe "row with caution conditions"
 - 1) Flow rate – check the flow cast on the website. Under 10K is generally okay for most rowers. The club program will be suspended if the flow is over 15K.
 - 2) Wind - even if the wind isn't strong enough to produce white caps it can be challenging for novice scullers
- d. Flipping
 - 1) How to avoid going for an unexpected swim: maintain contact with both oars and keep them in front of your body at ALL TIMES when you are in the boat.
 - 2) If you flip, stay with the boat, swim it to shore and get back in.
 - 3) UVRF offers "flip experiences" in August to practice mid-river re-entry
- e. Describe the traffic pattern and the importance of adhering to same.

3. Sculling Instruction

- a. Coaches should use either the Peinert Zephyr or one of the MAAS Aeros, depending on the abilities of the individual participants. After a demonstration by the coach,

- each participant will launch, row up about 50 strokes, execute a turn, row back past the dock, stop, back and land.
- b. Points to cover:
- 1) Adjusting the foot stretchers – handles should be about an inch from body at the finish
 - 2) Oars in the oarlocks – always point the oarlock towards the shoes
 - 3) No shoes in the boat
 - 4) Dock etiquette
 - a) Move with alacrity - 3 minutes on the dock during busy times!
 - b) Shoes, extra layers, accompanying paraphernalia go alongside the ramp where people will not trip over them
 - c) Where to put oars when bringing them down
 - 5) Hand position on the handles – keep thumb on the end of the oar handle to maintain lateral pressure
 - a) The crossover - left over right!
 - b) YOU MUST LOOK OUT OF THE BOAT
 - 6) Basics of steering
 - a) Getting your point
 - b) Look over your shoulder on the drive, not the recovery
 - c) Making the boat go where you want it to go
 - d) YOU MUST LOOK OUT OF THE BOAT
 - 7) Favorite tips
 - a) Don't focus on getting the blades off the water – when you execute the stroke correctly it will happen on its own
 - b) If you've been sweep rowing for any length of time one hand will naturally go out farther and higher at the catch, and lower and farther back at the finish. This makes it hard to go in a straight line! Focus on having your hands even with and parallel to one another at both ends of the stroke.
 - c) Layback – weight should not come off your sit bones. If it does, too much layback.
 - d) YOU MUST LOOK OUT OF THE BOAT
4. Putting the boat away – Have participants wipe down and strap down the boat after the clinic.

Below is the Captain's Test which participants must pass to be able to row with no dock monitor on duty. It is a useful teaching outline. If your participants have passed the Captain's Test, please email their names to UVRF (uppervalleyrc@gmail.com).

Captain's Test: Requirements for All Independent Scullers

- Remove the boat from the rack without damaging it or adjacent shells (either solo or with a partner)
- Carry the boat to the dock
- Put the boat in the water without hitting the skeg on the dock
- Place the oars in the oarlocks correctly
- Get into the boat
- Launch from the dock
- Row 100 strokes
- Demonstrate the ability to navigate and steer
- Check the boat down without flipping
- Turn the boat around
- Back the boat down
- Land the boat
- Remove the oars and return the boat to its assigned rack facing in the correct direction
- Describe the traffic pattern on the river including launching and landing patterns
- Describe known water hazards
- Describe unsafe weather conditions
- Describe what to do if the boat flips
- Describe rights of way and passing instructions
- Describe how to handle powerboat wakes
- VOLUNTEER ONE AFTERNOON THIS SUMMER TO BE A DOCK MONITOR FROM 5:30 TO 7:00!

Racing Singles (a/k/a the Peinert 25s and 26s)

Scullers who wish to take out racing singles must demonstrate all of the boat skills listed above in a racing single. Scullers who are approved to row in recreational singles must be checked out in a racing single before moving in to a higher level boat.

Racing Doubles and Quads

Scullers who wish to use the club racing doubles or quads need to have additional qualifications and experience. Please review the policy and procedures for this on the UVRF website.