

| Name of Athlete   |  |         |         |                          | PFD & Range Requirement (Circle)   |  |
|---|--|---------|---------|--------------------------|--|--|
| Date  |  |         |         |                          | PFD req. if water temp under 60 degrees / full range<br>---  |  |
| Name of Coach   |  |         |         |                          | PFD required at all times / full range<br>---  |  |
| Result (Circle)   |  | Level 3 | Level 2 | Level 1                  | Incomplete<br>PFD req. at all times (modified range / island laps only)  |  |
| Pre-Row   |  |         |         |                          |  |  |
| Task #  | Item / Skill   |         |         | Pass                     | Feedback / Notes   |  |
| <b>Confirm athlete is member in good standing with TRRA</b> |  |         |         |                          |  |  |
| 1   | Registered in Regatta Central  |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Sculler must be registered for this calendar year and in good standing w/TRRA via Regatta Central.</li> <li>- Sculler may also be an active member of their respective collegiate organization or adult affiliate of a scholastic organization that currently operates at a TRRA Campus.</li> <li>- Coach contact <a href="mailto:admin@threeiversrowing.org">admin@threeiversrowing.org</a> to confirm status. Athlete check Regatta Central Account Summary.</li> </ul>   |  |
|   | Current member of USRowing   |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- All TRRA members must be at least basic members of USRowing and have their USRowing waiver signed on-line.</li> </ul>   |  |
|   | Swim Test on file  |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Sculler must have a TRRA Swim Test (or equivalent) on file at TRRA.</li> <li>- Coach check iCrew profile of athlete.</li> </ul>   |  |
|   | Safe Sport Trained   |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Sculler must be Safe Sport trained</li> <li>- Coach contact <a href="mailto:admin@threeiversrowing.org">admin@threeiversrowing.org</a> to confirm status. Athlete check profile on <a href="http://USRowing.org">USRowing.org</a> for SafeSport status.</li> </ul>  |  |
| 2   | Confirm that the athlete completed and passed the online Safety Quiz   |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- There will be a brief online quiz that each sculler will receive once their certification date is scheduled.</li> <li>- This quiz will focus on TRRA Safety Protocols &amp; Procedures.</li> <li>- This is intended to ensure that every sculler has knowledge of the most basic of Safety protocols and procedures and knows where to find additional information.</li> </ul>  |  |
| <b>Before the Row</b>                                       |  |         |         |                          |  |  |
| 3   | Knows that all outings must be logged in iCrew. <i>Why is iCrew used by logbook scullers and all unaccompanied crews?</i>  |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- iCrew is the official Sign-Out log for TRRA and all scullers are responsible for using iCrew for each row.</li> </ul>   |  |
|   | Knows which boat weight class to use and how to reserve them. <i>How do you obtain a boat for your row? What do you need to know to make sure the boat is correct for you?</i> |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- IF using a TRRA owned boat, correctly identifying the appropriate shell is a necessary skill to ensure the safest possible row and reducing the likelihood of taking someone else's equipment.</li> </ul>   |  |
|   | Knows how to choose correct blades for reserved shell. <i>What do you need to know in order to obtain oars for your row?</i>   |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- IF using TRRA equipment, correctly being able to identify the correct set of club blades will ensure the safest possible row and reduce the likelihood of taking someone else's equipment.</li> </ul>   |  |
| 4   | Rower can verbally describe the traffic pattern before the test row. <i>Describe the traffic pattern from the dock, upstream/downstream, and back to the dock.</i>             |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- It is imperative that all scullers know and are able to articulate the full traffic pattern on the Allegheny River.</li> <li>- The correct traffic pattern must be followed at all times by all scullers and crews to minimize the likelihood of an on-water incident.</li> <li>- There is a traffic pattern map posted outside in the Boat Yard of both TRRA Campuses and a virtual flyover can be found on the TRRA website (<a href="http://threeiversrowing.org/safety">threeiversrowing.org/safety</a>)</li> </ul> |  |
| 5   | Rower can find oars, carry them to the dock properly (at hip, blade first).  |         |         | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Blade first at hip level ensures you have maximum control over the oars at all times and reduces the likelihood of injuring a person or damaging the blades.</li> </ul>   |  |

|                 |   |                          |   |
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| 6               | Puts their reserved boat in slings and checks boat for readiness.   |                          | <ul style="list-style-type: none"> <li>- The ability to put a boat safely and confidently into slings is a core component to being safe.</li> <li>- Boats should be put into slings and checked over prior to every row so that the sculler can ensure everything is in proper working order.</li> </ul>  |
|                 | Asks for help if needed   | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- The Buddy System of boat carrying is highly recommended for all scullers.</li> </ul>   |
|                 | Completes carry without assistance and without hitting anything   | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Only recommended if athlete is able to avoid obstacles with ease.</li> </ul>   |
| 7               | Appropriately adjusts foot stretchers and spacers   |                          | <ul style="list-style-type: none"> <li>- Athlete knows how to position foot stretcher to suit their stroke.</li> </ul>  |
| 8               | Makes adjustments as necessary and checked boat for readiness.  |                          | <ul style="list-style-type: none"> <li>- Exterior: checks hull for holes, cracks, etc; confirms fin, bow ball and exterior vent caps are in place</li> </ul>  |
|                 | - Heel ties / Vent Caps / stern plug / lights / tight hardware  |                          | <ul style="list-style-type: none"> <li>- Interior: ensures all parts and hardware are in place and working as they should.</li> </ul>   |
| 9               | Carries boat to the dock and places it in the water without hitting anything  |                          | <ul style="list-style-type: none"> <li>- Buddy System also applicable for this step.</li> </ul>   |
| 10              | Puts the oars in correctly and secures gates (dock-side first)  |                          | <ul style="list-style-type: none"> <li>- Putting the dock side oar in first increases the stability of the boat and provides for a better platform when reaching out put the water-side oar in.</li> </ul>  |
| 11              | Removes street shoes before stepping into the boat  |                          | <ul style="list-style-type: none"> <li>- IF using TRRA equipment.</li> <li>- Dock shoes cannot be used in the boats.</li> <li>- Shoes that have potentially walked over mud and/or goose poop should not be worn in the boat or in boat's shoes.</li> <li>- If you wear boat socks do not put those on until you are in the boat and getting ready to launch.</li> </ul>  |
| <b>On Water</b> |   |                          |   |
| 1               | Gets into the boat without stepping in the bottom   |                          | <ul style="list-style-type: none"> <li>- The bottom of the boat between the shoes and the start of the tracks is the lowest and thinnest part of shell.</li> <li>- Stepping in this area can result in stepping through the boat leading to both personal injury and major boat damage.</li> <li>- Scullers must step in the appropriate area in between the tracks when getting in/out of the shell.</li> </ul>  |
| 2               | Pushes off from the dock without assistance   |                          | <ul style="list-style-type: none"> <li>- Demonstrate the ability to safely launch from the dock without assistance and clear all potential hazards safely.</li> <li>- This may include, but not be limited to: using your dock-side oar to push off the dock; avoiding other boats/launches that are docking or in the Back Channel</li> </ul>  |
| 3               | Immediately exits the Back Channel and proceeds upstream  |                          | <ul style="list-style-type: none"> <li>- Scullers must exit out the top of the Back Channel and demonstrate a knowledge of the Back Channel traffic patterns and potential hazards (bridges, rocks, docks and the increased current at the Cut).</li> </ul>   |
|                 | Safely crosses to the Pittsburgh side of the river at the appropriate location  |                          | <ul style="list-style-type: none"> <li>- Scullers must row to at least the "Red Bridge" of the Millvale Marina above the 40th Street Bridge.</li> <li>- Once at this point, scullers must turn 90-degrees towards the Pittsburgh shore and row across the Allegheny River. In higher flow scullers should point the bow up stream while crossing to compensate for the higher flow.</li> <li>- Once across, scullers must turn 90-degrees upstream so that they have a safe point to continue rowing up river.</li> </ul> |
| 4               | Rower demonstrates ability to row confidently and with ease. Not checking this box indicates that the rower demonstrates some hesitency and lack of control which would warrant a range closer to the island. |                          | <ul style="list-style-type: none"> <li>- Coaches conducting the certification will observe the sculler's proficiency and understanding of the rowing sequence and their ability to execute that sequence over time.</li> <li>- Coaches will be observing the comfort/fluidity of the sculler and the confidence with which they row.</li> </ul>   |
|                 | Control of the set  |                          | <ul style="list-style-type: none"> <li>- Ability to make adjustments as needed.</li> <li>- Understand the impact of handle height and placement on the set.</li> <li>- Can effectively balance the boat with blades on the water when/if needed.</li> </ul>   |
|                 | Clean feathering and squaring   |                          | <ul style="list-style-type: none"> <li>- Ability to consistently feather and square cleanly throughout the row.</li> <li>- This is not "flip catch" vs "gradual roll-up". Coaches will be looking for consistency and cleanliness regardless of style.</li> </ul>   |

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| 5                                    | Completes a 360 in place:   |                          | - This procedure demonstrates the sculler's ability to effectively turn the boat in each direction in the event of an emergency.   |
|                                      | Clockwise   | <input type="checkbox"/> |  |
|                                      | Counter-Clockwise   | <input type="checkbox"/> |  |
| 6                                    | Back the boat for at least 10 continuous strokes while maintaining control and composure  | <input type="checkbox"/> | - Backing a boat is an essential skill in emergency situations. Scullers may have to back away from a hazard or debris while rowing.   |
| 7                                    | Demonstrate awareness of surroundings by regularly checking ahead without stopping  | <input type="checkbox"/> | - Situational awareness is paramount for all river users and especially scullers who are going backwards.<br>- Coaches will be looking for scullers to regularly check their surroundings and make adjustments when needed to maintain a safe and consistent rowing course that is aligned with the proper traffic pattern.  |
| 8                                    | Demonstrate or describe how to pass and be passed.<br><i>If you are the faster shell how should you pass? If you are the slower shell what should you do?</i>                               | <input type="checkbox"/> | - Passing other boats (rowing/paddling/recreation/etc.) is an inevitable reality while using the river.<br>- Knowing the federal and regional rules of navigation and how to apply them is essential for each sculler.<br>- Coaches will be asking about these rules and observing sculler's ability to act on them in a safe manner that aligns with the Traffic Pattern. |
| 9                                    | Respond immediately to "Weigh Enough - hold water!"   | <input type="checkbox"/> | - Coaches will issue this command at some point during the certification process to assess how the sculler responds.   |
| 10                                   | Choose a safe location to pull over to the side of the river and describe what makes it safe.<br><i>If you needed to land and you were not near a dock, what would be your best option?</i> | <input type="checkbox"/> | - Scullers will be asked to identify an area that they could use for shelter in a storm and/or area to access to safely re-enter a boat if needed.   |
| 11                                   | Maintains and adjusts course while rowing continuously with pressure - not checking with one oar to make turns.   | <input type="checkbox"/> | - Coaches will be observing this throughout the course of the certification process.<br>- It connects directly to the Situational Awareness mentioned above.<br>- Scullers must be able to make small and regular corrections when needed to avoid a major course correction (i.e. checking with one oar) near a hazard.   |
| 12                                   | Communicates with other river users, if appropriate   | <input type="checkbox"/> | - Understand proper river etiquette if applicable.   |
| 13                                   | Follows traffic patterns and avoids known hazards throughout the row  | <input type="checkbox"/> | - Ability to follow the traffic pattern at all times is an essential skill.<br>- Following the traffic pattern provides the safest operational structure for all river users and maximizes one's ability to be seen and be safe while on the water.  |
| 14                                   | While stopped, can dip the bottom nut of each rigger in the water.  | <input type="checkbox"/> | - This skill demonstrates the scullers skill and composure in the event of a high wake or wave while rowing.<br>- Sculler will be asked about the proper ways to encounter a high wave or wake during the certification process.   |
| 15                                   | Safely enters the Back Channel from the main river  | <input type="checkbox"/> | - Sculler will turn to enter the Back Channel at the overhead power lines, safely crossing the river if need be.   |
| 16                                   | Once in the Back Channel, can take at least 30 full pressure strokes before reaching the 31st Street Bridge   | <input type="checkbox"/> | - This final step is intended to give the sculler a little work, and get a little fatigued before the flip test portion of the certification process.  |
| <b>Right &amp; Re-Enter OR....</b>   |   |                          |  |
| 17a                                  | Once the athlete is in front of the dock, have them intentionally flip the boat   | <input type="checkbox"/> |  |
|                                      | Athlete is able to put on a PFD while in the water in a reasonable amount of time   | <input type="checkbox"/> | - Level 3: Less than 1 minutes<br>- Level 2: Less than 2 minutes<br>- Level 1: More than 2 minutes<br>- Coach will provide an orange pfd to the sculler once they are in the water.<br>- Sculler can remove the pdf before attempting to get back in the shell.  |
|                                      | Athlete is able to right the shell in a reasonable amount of time   | <input type="checkbox"/> | - Level 3: Less than 1 minutes<br>- Level 2: Less than 2 minutes<br>- Level 1: More than 2 minutes   |
|                                      | Athlete is able to safely re-enter the shell in a reasonable amount of time   | <input type="checkbox"/> | - Level 3: Less than 3 minutes<br>- Level 2: Less than 5 minutes<br>- Level 1: More than 5 minutes   |
| <b>Straddle Paddle Method OR....</b> |   |                          |  |
|                                      | Once the athlete is in front of the dock, have them intentionally flip the boat   | <input type="checkbox"/> | - A time standard will be set once a reasonable baseline time is determined.   |

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| 17b<br>Sculler can choose either hull up or guts up option. | Athlete is able to safely get their body out of the water and on top of the hull in stern area of the boat, and can effectively paddle the boat upstream over a set distance. | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Sculler should lie down on their belly over the bow or stern deck with each leg straddled over a respective side of the boat. Lying down disperses the body weight over more of the hull reducing the likelihood that the boat will break or become damaged.</li> <li>- Sculler must then paddle the boat from the downstream end of the sweep dock to the middle of the sculling dock. This distance represents approximately half the distance of the widest point of the river.</li> </ul> |
|   | Athlete is able to flip the boat seats up, safely get their body onto the stern deck and effectively paddle the boat upstream   | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Sculler should lie down on their belly over the bow or stern deck with each leg straddled over a respective side of the boat. Lying down disperses the body weight over more of the hull reducing the likelihood that the boat will break or become damaged.</li> <li>- Sculler must then paddle the boat from the downstream end of the sweep dock to the middle of the sculling dock. This distance represents approximately half the distance of the widest point of the river.</li> </ul> |
| <b>Life Jacket</b>  |   |                          |  |
| 17c   | Athlete has their own, low profile life jacket  | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Scullers will show the life jacket to the Coach prior to rowing and will wear the life jacket at all times while on the water.</li> </ul>   |
| <b>18</b>   |   |                          |  |
| 18  | Athlete is able land at the dock without assistance and without hitting the dock  | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Sculler must be able to safely land at the dock without requiring assistance from someone on the dock.</li> </ul>   |
| <b>Post Row</b>   |   |                          |  |
| 1   | Athlete can get out of the boat without stepping in the bottom  | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- The bottom of the boat between the shoes and the start of the tracks is the lowest and thinnest part of shell.</li> <li>- Stepping in this area can result in stepping through the boat leading to both personal injury and major boat damage.</li> <li>- Scullers must step in the appropriate area in between the tracks when getting out of the shell.</li> </ul>  |
| 2   | Pull the oars in and remove the oars in the proper order (waterside first)  | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- For the same reasons outlined above, the water side oar is removed first to ensure a more stable platform while reaching out to the rigger.</li> </ul>  |
| 3   | Carry the boat up from the dock and place in slings without hitting anything  | <input type="checkbox"/> |  |
| 4   | Prepare boat for racking  |                          | <ul style="list-style-type: none"> <li>- Washing and inspecting the boat after every row is essential to ensuring its safety and integrity before its next outing.</li> <li>- This process ensures the boat is not only clean for the next person who uses it, but it also allows us to identify and repair minor problems before they become big problems.</li> </ul>   |
|   | Washing inside and out  | <input type="checkbox"/> |  |
|   | Open vents/ports  | <input type="checkbox"/> |  |
|   | Inspect for damage and describe damage AND Incident reporting process   | <input type="checkbox"/> |  |
| 5   | Disinfect oars and return them to the proper rack   | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Utilize the oar cleaning stations before re-racking the oars.</li> </ul>  |
| 6   | Return the boat to the proper rack without hitting anything   | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- Demonstrates ability to handle the equipment.</li> <li>- Re-strap the boat properly if it is on an outdoor rack.</li> </ul>   |
| 7   | Check in via iCrew  | <input type="checkbox"/> | <ul style="list-style-type: none"> <li>- This ensures everyone can be safely accounted for throughout each day.</li> </ul>   |
| <b>Additional Endorsements</b>                              |   |                          |  |
| 1   | Solo Carry  | <input type="checkbox"/> |  |
| 2   | Grandfathered through Level 1   | <input type="checkbox"/> | Coach - Print:   |
| 3   | Crew Leader Eligible  | <input type="checkbox"/> | Coach Signature:   |