

TRRA Certification & Assessment Checklist

Name of Athlete						PFD & Range Requirement (Circle)
Date						PFD req. if water temp under 60 degrees / full range ---
Name of Coach						PFD required at all times / full range ---
Result (Circle)	Level 3	Level 2	Level 1	Level 0	Crew Leader	PFD req. at all times (modified range / island laps only)
Pre-Row						
Task #	Item / Skill	Sculling	Sweep	Feedback / Notes		
1	Confirm athlete is member in good standing with TRRA					
	Registered in Regatta Central	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower must be registered for this calendar year and in good standing w/TRRA via Regatta Central. - Rower 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. - Coach contact admin@threeiversrowing.org to confirm status. Athlete check Regatta Central Account Summary. 		
	Current member of USRowing	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - All TRRA members must be at least basic members of USRowing and have their USRowing waiver signed on-line. 		
	Swim Test on file	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower must have a TRRA Swim Test (or equivalent) on file at TRRA. - Coach check iCrew profile of athlete. 		
2	Safe Sport Trained	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower must be Safe Sport trained - Coach contact admin@threeiversrowing.org to confirm status. Athlete check profile on USRowing.org for SafeSport status. 		
	Confirm that the athlete completed and passed the online Safety Quiz	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - There will be a brief online quiz that each Rower will receive once their certification date is scheduled. - This quiz will focus on TRRA Safety Protocols & Procedures. - This is intended to ensure that every Rower has knowledge of the most basic of Safety protocols and procedures and knows where to find additional information. 		
Before the Row						
3	Knows that all outings must be logged in iCrew. Why is iCrew used by logbook Rowers and all unaccompanied crews?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - iCrew is the official Sign-Out log for TRRA and all Rowers are responsible for using iCrew for each row. 		
	Knows which boat weight class to use and how to reserve them. How do you obtain a boat for your row? What do you need to know to make sure the boat is correct for you?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - 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. 		
	Knows how to choose correct blades for reserved shell. What do you need to know in order to obtain oars for your row?	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - 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. 		
4	Rower can verbally describe the traffic pattern before the test row. Describe the traffic pattern from the dock, upstream/downstream, and back to the dock.	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - It is imperative that all Rowers know and are able to articulate the full traffic pattern on the Allegheny River. - The correct traffic pattern must be followed at all times by all Rowers and crews to minimize the likelihood of an on-water incident. - 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 (threeiversrowing.org/safety) 		
5	Rower can find oars, carry them to the dock properly (at hip, blade first).	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - 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. 		
6	Puts their reserved boat in slings and checks boat for readiness.				<ul style="list-style-type: none"> - The ability to put a boat safely and confidently into slings is a core component to being safe. - Boats should be put into slings and checked over prior to every row so that the Rower can ensure everything is in proper working order. 	
	Asks for help if needed	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - The Buddy System of boat carrying is highly recommended for all Rowers. 		
	Completes carry without assistance and without hitting anything	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Only recommended if athlete is able to avoid obstacles with ease. 		
7	Appropriately adjusts foot stretchers and spacers	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Athlete knows how to position foot stretcher to suit their stroke. 		
8	Makes adjustments as necessary and checked boat for readiness.	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Exterior: checks hull for holes, cracks, etc; confirms fin, bow ball and exterior vent caps are in place 		
	- Heel ties / Vent Caps / stern plug / lights / tight hardware	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Interior: ensures all parts and hardware are in place and working as they should. 		

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9	Carries boat to the dock and places it in the water without hitting anything	<input type="checkbox"/>	<input type="checkbox"/>	- Buddy System also applicable for this step.
10	Puts the oars in correctly and secures gates (dock-side first)	<input type="checkbox"/>	<input type="checkbox"/>	- 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.
11	Removes street shoes before stepping into the boat	<input type="checkbox"/>	<input type="checkbox"/>	- IF using TRRA equipment. - Dock shoes cannot be used in the boats. - Shoes that have potentially walked over mud and/or goose poop should not be worn in the boat or in boat's shoes. - If you wear boat socks do not put those on until you are in the boat and getting ready to launch.
On Water				
1	Gets into the boat without stepping in the bottom	<input type="checkbox"/>	<input type="checkbox"/>	- The bottom of the boat between the shoes and the start of the tracks is the lowest and thinnest part of shell. - Stepping in this area can result in stepping through the boat leading to both personal injury and major boat damage. - Rowers must step in the appropriate area in between the tracks when getting in/out of the shell.
2	Pushes off from the dock without assistance	<input type="checkbox"/>	<input type="checkbox"/>	- Demonstrate the ability to safely launch from the dock without assistance and clear all potential hazards safely. - 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
3	Immediately exits the Back Channel and proceeds upstream	<input type="checkbox"/>	<input type="checkbox"/>	- Rowers 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).
	Safely crosses to the Pittsburgh side of the river at the appropriate location	<input type="checkbox"/>	<input type="checkbox"/>	- Rowers must row to at least the "Red Bridge" of the Millvale Marina above the 40th Street Bridge. - Once at this point, Rowers must turn 90-degrees towards the Pittsburgh shore and row across the Allegheny River. In higher flow Rowers should point the bow up stream while crossing to compensate for the higher flow. - Once across, Rowers must turn 90-degrees upstream so that they have a safe point to continue rowing up river.
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.	<input type="checkbox"/>	<input type="checkbox"/>	- Coaches conducting the certification will observe the Rower's proficiency and understanding of the rowing sequence and their ability to execute that sequence over time. - Coaches will be observing the comfort/fluidity of the Rower and the confidence with which they row.
	Control of the set	<input type="checkbox"/>	<input type="checkbox"/>	- Ability to make adjustments as needed. - Understand the impact of handle height and placement on the set. - Can effectively balance the boat with blades on the water when/if needed.
	Clean feathering and squaring	<input type="checkbox"/>	<input type="checkbox"/>	- Ability to consistently feather and square cleanly throughout the row. - This is not "flip catch" vs "gradual roll-up". Coaches will be looking for consistency and cleanliness regardless of style.
5	Completes a 360 in place:			- This procedure demonstrates the Rower's ability to effectively turn the boat in each direction in the event of an emergency.
		Clockwise	<input type="checkbox"/>	<input type="checkbox"/>
		Counter-Clockwise	<input type="checkbox"/>	<input type="checkbox"/>
6	Back the boat for at least 10 continuous strokes while maintaining control and composure	<input type="checkbox"/>	<input type="checkbox"/>	- Backing a boat is an essential skill in emergency situations. Rowers 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"/>	<input type="checkbox"/>	- Situational awareness is paramount for all river users and especially Rowers who are going backwards. - Coaches will be looking for Rowers 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.

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8	Demonstrate or describe how to pass and be passed. <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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Passing other boats (rowing/paddling/recreation/etc.) is an inevitable reality while using the river. - Knowing the federal and regional rules of navigation and how to apply them is essential for each Rower. - Coaches will be asking about these rules and observing Rower'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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Coaches will issue this command at some point during the certification process to assess how the Rower responds.
10	Choose a safe location to pull over to the side of the river and describe what makes it safe. <i>If you needed to land and you were not near a dock, what would be your best option?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rowers 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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Coaches will be observing this throughout the course of the certification process. - It connects directly to the Situational Awareness mentioned above. - Rowers 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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Understand proper river etiquette if applicable.
13	Follows traffic patterns and avoids known hazards throughout the row	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Ability to follow the traffic pattern at all times is an essential skill. - 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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - This skill demonstrates the Rowers skill and composure in the event of a high wake or wave while rowing. - Rower 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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower 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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - This final step is intended to give the Rower a little work, and get a little fatigued before the flip test portion of the certification process.
Self Rescue Options				
Right & Re-Enter OR...				
17a	Once the athlete is in front of the dock, have them intentionally flip the boat	<input type="checkbox"/>	<input type="checkbox"/>	
	Athlete is able to put on a PFD while in the water in a reasonable amount of time	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Level 3: Less than 1 minutes - Level 2: Less than 2 minutes - Level 1: More than 2 minutes - Coach will provide an orange pfd to the Rower once they are in the water. - Rower 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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Level 3: Less than 1 minutes - Level 2: Less than 2 minutes - Level 1: More than 2 minutes
	Athlete is able to safely re-enter the shell in a reasonable amount of time	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Level 3: Less than 3 minutes - Level 2: Less than 5 minutes - Level 1: More than 5 minutes
Straddle Paddle Method OR...				
17b Rower can choose either hull up or out up	Once the athlete is in front of the dock, have them intentionally flip the boat	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - A time standard will be set once a reasonable baseline time is determined.
	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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower 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. - Rower 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.

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up or gets up option.	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"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower 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. - Rower 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.
Life Jacket				
17c	Athlete has their own, low profile life jacket	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rowers will show the life jacket to the Coach prior to rowing and will wear the life jacket at all times while on the water.
		<input type="checkbox"/>	<input type="checkbox"/>	
18	Athlete is able land at the dock without assistance and without hitting the dock	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Rower must be able to safely land at the dock without requiring assistance from someone on the dock.
Post Row				
1	Athlete can get out of the boat without stepping in the bottom	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - The bottom of the boat between the shoes and the start of the tracks is the lowest and thinnest part of shell. - Stepping in this area can result in stepping through the boat leading to both personal injury and major boat damage. - Rowers must step in the appropriate area in between the tracks when getting out of the shell.
2	Pull the oars in and remove the oars in the proper order (waterside first)	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - 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.
3	Carry the boat up from the dock and place in slings without hitting anything	<input type="checkbox"/>	<input type="checkbox"/>	
4	Prepare boat for racking		<input type="checkbox"/>	<ul style="list-style-type: none"> - Washing and inspecting the boat after every row is essential to ensuring its safety and integrity before its next outing. - 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.
	Washing inside and out	<input type="checkbox"/>	<input type="checkbox"/>	
	Open vents/ports	<input type="checkbox"/>	<input type="checkbox"/>	
	Inspect for damage and describe damage AND Incident reporting process	<input type="checkbox"/>	<input type="checkbox"/>	
5	Disinfect oars and return them to the proper rack	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Utilize the oar cleaning stations before re-racking the oars.
6	Return the boat to the proper rack without hitting anything	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - Demonstrates ability to handle the equipment. - Re-strap the boat properly if it is on an outdoor rack.
7	Check in via iCrew	<input type="checkbox"/>	<input type="checkbox"/>	<ul style="list-style-type: none"> - This ensures everyone can be safely accounted for throughout each day.
Additional Endorsements				
1	Solo Carry	<input type="checkbox"/>	<input type="checkbox"/>	
2	Crew Leader Eligible: 2x / 2-	<input type="checkbox"/>	<input type="checkbox"/>	Coach Signature:
3	Crew Leader Eligible: 4x / 4- <i>Must be signed by Executive Director OR Director of Rowing</i>	<input type="checkbox"/>	<input type="checkbox"/>	Signature:
Final Approval (ED or DoR)				
	Signature			Date