

BCR Certification Levels for Sculling

Certification for sculling is required for your safety while you row with no coach and/or safety launch on the water. These criteria have been developed for the safety of our members and all persons using the Boulder Reservoir. The certification is tiered based upon your sculling experience, time on the water/miles logged, and the assessment of a BCR Coach.

Sculling Levels

Level 1

Novice scullers, those with no rowing experience, may use BCR single sculling shells, 1x, only when accompanied by a BCR coach in a safety launch.

Before the sculler can move to the next **Level**, the sculler must complete a Flip Test (defined below) and demonstrate Skills and Maneuvering (detailed below) in the presence of a BCR coach.

Level 2

Transitional/Intermediate scullers may use BCR single sculling shells, 1x, without a coach in a safety launch, but it is highly recommended that they continue to use the buddy system and row with another member of equal or higher level.

Intermediate scullers may bow a BCR double sculling shell, 2x, under the supervision of a coach in a safety launch. The sculler must complete 2 laps of the Reservoir for 6 practices bowing the 2x, the equivalent of 40 miles, under a coach's supervision before moving to the next **Level**.

Level 3

Advanced scullers may use BCR single and double sculling shells, 1x and 2x, without a coach in a safety launch.

It is assumed that Advanced Scullers have completed the required 40 miles bowing a 2x under supervision.

To bow a 4x, the advanced sculler must complete an additional 60 miles (2 laps of the Reservoir for 10 practices), steering a 4x under the supervision of a coach in a safety launch before moving to the next **Level**. The speed that quads can reach requires quick and sound actions for the safety of the crew and all on the water.

Level 4

Master Level Scullers may use all BCR sculling shells without a coach in a safety launch. They may bow all blind boats (1x, 2x, 4x).

Knowledge Required of all Scullers

- Rower demonstrates understanding of basic boat-handling skills.
- Rower is able to demonstrate awareness of personal safety and safety of other boats/people on the water.
- Rower acknowledges requirement to carry a PFD for safety.
- Rower acknowledges requirement to sign boats out and in via the log book in the BCR shed.
- Rower has demonstrated an understanding of safe and unsafe water, weather, and wind conditions.
- Rower knows traffic pattern and best ways to handle large wakes from speedboats.
- Rower understands the merits of staying close to shore and uses good judgment about when to get off the water.

Skills and Maneuvering Sculling Checklist

The sculler must be proficient enough that the following certification process is completed in less than 30 minutes. The certification process is for rowers to achieve a **Level 2** classification. All of the following must be demonstrated with no assistance from the coach, either physically or verbally.

- Remembering to sign out the boat in the log book in the BCR shed, and also to sign the boat back in.
- Remembering to put on a PFD.
- Remove and carry boat from the racks to the dock and place it in the water without damage to the fin. Rower should be able to carry the boat on their head, shoulder or with a partner's assistance.
- Get in the boat from both sides of the dock or from a wet launch.
- Launch from the dock.
- Demonstrate the rowing stroke at full compression for a minimum of 100 yds.
- Demonstrate the ability to navigate and steer – looking around at full slide.
- Maneuver around a buoy both rowing and backing water.
- Backing water with both oars individually and simultaneously.
- Perform an emergency stop without flipping.
- Perform a river turn in both directions.
- Dock the boat bow first and stern first or complete a water landing.
- Get out of the boat, pick up the boat, carry back to the racks and place on the rack.
- Remember to tie down the boat and put the oars away.

Flip Test Definition

A flip test is also required prior to **Level 2** certification. Rower must demonstrate ability to either get back into boat or swim to shore using the boat as a flotation device.

For your own safety, **BCR requires you to pass a Flip Test every 12 months** in order to continue using BCR equipment without coach supervision.