



Competent Crew - Self Certification

1. I know the names of all the parts of the boat and equipment and their function.
2. I have assisted with at least 5 launches and recoveries on the slip at Port Edgar.
3. I am able to row efficiently and keep pace with the stroke oar and I understand the mechanics and physical requirements.
4. I have rowed in all four positions in the boat.
5. I understand the various rowing commands.
6. I have rowed in a variety of weather conditions and sea states.
7. I am able to tie:
 a figure of eight knot
 a reef knot
 a clove hitch
 a round turn and two half-hitches
 a bowline
 And I know what they are for.
8. I understand how my lifejacket functions, and the effects of 'cold-water' shock.
9. I have participated in a 'man-overboard' exercise.
10. I know how to lock and unlock the grapnel anchor.
11. I have done practice 'racing starts' and 'racing turns'.

Name:
Signed: Date:

Signed: Date:
(for Training Committee)