



QUEENSFERRY ROWING CLUB : TRAINING PROCESS

Queensferry Rowing Club has approved a Training Schedule of 18 subjects which are considered relevant to the competence to be gained by members of the Club at whatever level they wish to aspire.

The process of achieving that competence is noted below.

Competent Crew

All members of the Rowing Club are encouraged to develop their understanding, knowledge and experience at their own pace, using the self-assessment 'sign-off' sheet as a guide.

Cox

Competent crew members who wish to become 'Cox' will undertake a day training course comprising a morning classroom session and an afternoon practical session on the water.

Skipper/Responsible Person

Cox members wishing to become Skipper will undertake a 3-hour classroom session and complete an 'open book' written question paper. They will also be asked to consider and discuss their response to a practical scenario. Prospective Skippers must also complete five 'buddy rows' where their decisions and actions will be recorded and reviewed by an existing Skipper.

V.H.F. RADIO

An RYA approved course and examination necessary to obtain a Short Range Certificate to operate a VHF radio is run by Port Edgar Watersports.

Members are encouraged (with a 50% subsidy on the fee) to obtain the certificate at Cox or Skipper level.