

QUEENSFERRY ROWING CLUB : TRAINING SCHEDULE

COMPETENT CREW

Familiar with the names of all the parts of the boat and the equipment needed to take the boat rowing.

Familiar with the procedure for launching and recovering the boat from the slip and for coming alongside.

Able to row efficiently and keep pace with the stroke. Understand the mechanics and the physical requirements.

Understand and carry out all the orders required to control the boat.

Able to decide on the appropriate clothing to suit the conditions on the water, for the duration.

Able to tie a 'figure of eight', 'reef knot', 'clove hitch', 'round turn and two half-hitches', and 'bowline'. Understand their uses and terminology. Able to coil and flake-out a rope.

Understand the function of a lifejacket. Understand the significance of 'cold-water shock'.

Understand the procedure by participating in a man overboard exercise as a crew member.

Understand the process of laying and lifting the grapnel anchor.

Understand the procedure for picking up a tow.

Able to row efficiently and respond correctly to orders.

Able to execute a racing start and turn.

COX

Able to check the boat and all the items of gear and equipment are in place and in working order. Able to report defects verbally and in writing.

Able to direct the launch and recovery procedure and be aware of risks and preventative or corrective actions.

Understand and utilise the 'bias' to starboard, the forward and back stroke capabilities of each and all oars, and the effect of wind and tide.

Able to maintain command by issuing orders necessary to manoeuvre the boat safely, in a timely manner.

Understand the cause of and pattern of high and low, spring and neap tides and able to read the tide tables.

Able to obtain local weather information and by observation make decisions based on prevailing and possible future conditions. Understand and use the Beaufort scale to communicate information. Recognise a lee shore.

Tide: Understand the likely tidal direction and rate of flow at any part of the rowing area and the possible sea state.

Weather: Understand the effect of wind and weather on the sea state and the boat's capabilities, in any part of the rowing area.

Hazards: Know places to avoid and areas where careful navigation is required. (shipping channels, rocks, sandbanks, lee shores, etc). Understand distances between points on the shores and across the river.

Also able to tie a 'sheet-bend', 'anchor-bend' and 'rolling-hitch'. Know their uses. Recognise different materials and types of rope and their characteristics.

Understand the workings of a radio, the specific use of Ch 16 and the usual channels used by QRC. Able to send and receive messages under the direction of a licence holder or in an emergency.

Build awareness of all the potential risks associated with boat/rowing operations. Know the contents of the 'grab-bag' and how to use them.

Know the International Regulation for the Prevention of Collision and Sea and how to apply them.

Able to direct a man overboard procedure being aware of sea state, wind and tide.

Able to direct the laying and lifting of the grapnel anchor and manoeuvre the boat accordingly. Recognise the different types of anchor.
Able to direct the preparation and execution of a tow safely.
Able to direct the movement of the boat in open water and confined spaces safely with regard to sea state, wind and tide and other water users.
Know what information is available on charts and local handbooks.
Understand the benefits of a positive, friendly and authoritative manner

Racing: Able to maintain position during a start and avoid potential dangerous situations throughout the race. Know the reason for, and be able to establish and keep a transit. Understand the SCRA Rules of Racing. Understand simple tactics. Able to direct and motivate the crew and give clear information or instruction.

SKIPPER

Able to instruct on the names and use of all parts of the boat and equipment.
Able to take over command if considered necessary.
Know how to predict tidal heights and flow rates and how to obtain information on tidal direction and constants.
Understand and recognise weather patterns and the effects of low and high pressure and frontal systems. Know the meaning of terms used in weather forecasts.
Know the coastline and likely sea-bed for anchoring.
Able to instruct others in the making and use of knots.
Pass a recognised exam and hold a current VHF certificate. Able to use the phonetic alphabet.
Able to recognise and advise on all potential risks and preventative or corrective measures.
Understand the rules for sailing boats and be able to anticipate possible movements afloat.
Able to direct a man overboard procedure and explain the reasons for certain actions, and what to avoid.
As above and able to determine the length of chain/rope required, explain the reasons for certain actions and safety issues.
Able to understand and implement the requirements of an effective passage plan. Recognise the information required and where to obtain it and how to communicate the plan to others.
Able to interpret and use information on charts, etc, to inform decision-making when considering making any passage, manoeuvring or anchoring. Able to fix a compass position.
Recognise channel and other navigation marks.
Able to explain the attributes of command.