MRRA Boat Handling / Safety Test

Print a copy of this form and present it to a MRRA Boat Captain or qualified member. Return the completed form to the MRRA Secretary. Send questions about this form to <u>info@merrimackrowing.org</u>.

Applicant	
Applicant Name:	
Tested By:	
Date of Test:	
The Test Enter a Y or N in each box that applies. Put a dash in a box that does not apply. Do not leave any boxes empty.	
Safety	Candidate has viewed and understands the US Rowing Safety video.Candidate has read and agrees to the MRRA Boat Policy.
Boat Handling before rowing, choose one	 WITHOUT A PARTNER, candidate is able to lift the boat off of the rack and carry it down to the water without damaging the equipment. WITH A PARTNER, candidate is able to lift the boat off of the rack and carry it down to the water without damaging the equipment. (Candidate must have a partner at the boathouse for the duration of the rowing session).
Rowing and Backing	 Candidate is able to row out and back to the dock. Demonstrates proficiency in backing. Demonstrates proficiency in emergency stopping without flipping.
After rowing	 Candidate is able to lift the boat up out of the water, walk it back to into the boathouse and place it on its rack without damaging equipment. Candidate demonstrates knowledge of basic boat care (gently placing the boat in water, awareness of rigging, pedestrians and obstacles, wiping down the boat after use carefully guiding the boat into the boathouse, etc).
Flip Test/Clinic	 Participated in / attended the MRRA Flip Clinic. Passed the Flip Test. Demonstrated getting back into the boat or paddling on the stern to shore.
Approved by	The Applicant has shown enough proficiency in the basic boat care and safety procedures to become a member of the MRRA.