

GORING GAP BOAT CLUB: SCULLING PROFICIENCY AWARD SCHEME - **BRONZE**

This scheme is based on The Scottish Amateur Rowing Association's Sculling Proficiency Award Scheme.

It is targeted at scullers in small boats (singles & doubles) during club sessions where there is no coach close by, either on the launch or in a sculling boat.

All scullers wishing to row at the 'Small Boat Tuesday' sessions must demonstrate that they are competent and confidence scullers (or rowers if taking out a pair) by confirming they can satisfy the conditions below to: the captainofrowing@goringgapbc.org.uk and cc membership@goringgapbc.org.uk

BRONZE AWARD			
Element	Element details	Further information	Outcome
Working knowledge of equipment	Demonstrate a working knowledge of the principal parts of the equipment used. Boat: riggers, gates, stretchers, shoes / clogs, heel restraints, front stops, back stops, slides, runners, seats, wheels, bow ball Sculls: button, sleeve		
Pre-boating safety checks	Explain the pre-boating safety checks (heel restraints, bowball, hatch covers, fin, damage to hull)	GGBC Pre-outing boat checks video: https://www.youtube.com/watch?v=-uKDDJPGk74	
Safety knowledge: Swimming	Demonstrate evidence of competence and confidence in and under the water	Ability to: <ul style="list-style-type: none"> - Swim at least 50 metres in light clothing (rowing kit) - Treading water for at least two minutes - Swimming under water for at least 5 metres 	
Safety knowledge: Capsize	Explain what to do in the event of a capsize	British Rowing RowSafe section 3.7 Capsize & Recovery: https://www.britishrowing.org/wp-content/uploads/2017/04/Row-Safe-April-2017.pdf For more information see British Rowing Capsize & Recovery video: https://www.youtube.com/watch?v=DcPE8-gENLo	
Boat handling on land	With the aid of an assistant, be able to take the sculling boat from the boat rack and place safely in the water and, at the end of the session, be able to return the boat safely to the boat rack		
Embarking/ disembarking	With the aid of an assistant, be able to get into and out of the sculling boat competently and safely		
Leaving and returning to the landing stage	Be able to push away from the landing stage, and return to it at the end of the session, with minimal assistance		
Scull 500m + 500m	Be able to navigate a distance of 1000 m, i.e. 500 up and 500 back (Hardwick House)		
Turn scull 180°	Turn the sculling boat 180°, in both directions		
Reverse paddle 10 strokes	Reverse paddle for 10 strokes (backing down)		

Emergency stop ie 'Hold up hard'	Paddling light, be able to carry out an emergency stop when requested to		
River navigation	Be able to explain the navigation rules between Whitchurch and Locks	See P19 of the GGBC Members Handbook: http://goringgapbc.org.uk/wp-content/uploads/2017/04/2017-GGBC-Members-Handbook-v1.0.pdf	

BRONZE AWARD

Sculler name:

Date:

Scullers signature:

Signed off by:

Added to Approved scullers list (date):

SILVER AWARD

Candidates must:

- » Embark, adjust correctly and pull away from the landing stage unaided.
- » Scull 10 consecutive strokes without sculls touching the water during the recovery,
- » Spin the boat clockwise, and then anticlockwise, through 180° paddling and backing alternatively, taking no more than 5 strokes with each hand
- » Take 5 consecutive strokes square blade paddling
- » After 3 hard strokes, sit in the 'hands away' position for 10 seconds without touching the water with sculls,
- » Spin the boat 180° taking no more than 5 strokes with each hand (clockwise, then anti-clockwise)
- » Back the boat down in a straight line and then stop the boat
- » Paddle firm and execute an emergency stop on a shout from the examiner
- » Execute an emergency stop with turn to bowside
- » Execute an emergency stop with turn to strokeside
- » Come into landing and disembark unaided

GOLD AWARD

- » Candidates, over a period of 3 months should scull a total distance of 150 km.