



MIRC – Adult Single Sculling Amber Readiness Assessment Checklist

Member:

Assessor(s):

Date:

Conditions at time of assessment: GREEN /AMBER

Test	Tick for Pass	Remarks
Has attended a capsize drill / viewed capsize drill videos on website.		
Embarking and pushing off safely.		
Keeping a good Lookout.		
Emergency Stop.		
180° turn in 30 seconds.		
10 Stroke Reverse Paddle.		
Approaching the landing stage and disembarking safely.		
Water sense		

Additional Comments:

Assessed to scull in Amber conditions: YES / NO

Please note that whilst MIRC has procedures in place to seek to minimise any risk to members, every adult member is responsible for his or her own safety at all times.

Assessor:

Assessor's Signature:



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Explanatory Notes:

Test	Explanation
Has attended a capsize drill / viewed capsize drill videos on website.	Scullers ideally should have attended a capsize drill to be able to row under amber conditions. If they have not attended a drill then they should have watched the videos and should attend the next available club drill.
Embarking and pushing off safely.	Able to get into the boat safely and push off from landing stage.
Good Lookout.	Regular checks behind (at least every 5 strokes) ensuring that they have full visibility of the river in front (should be able to see the bow ball of their boat). An understanding of when to stop and let other traffic go by to avoid a clash.
Emergency Stop.	Demonstrate an emergency stop by decisive squaring of the blades into the water to stop the boat. Boat comes to a controlled halt without undue imbalance.
180° turn in 30 seconds.	Demonstrating a controlled spin with awareness of nearby hazards.
10 Stroke Reverse Paddle.	Confident ability to back down.
Approaching the landing stage and disembarking safely.	Correct approach to the landing stage following navigation rules. Ability to bring scull safely against landing stage with confidence bearing in mind amber conditions would apply. Ability to disembark from scull unaided.
Good Water Sense.	The assessor will look for verbal confirmation of an understanding of the following items: <ul style="list-style-type: none">• The navigation rules applying to the River Medway, where not to turn, etc.• What the rules are under amber.• Hazards on the river between the town and Malta especially if under amber (strong stream/windy/cold) conditions.• How to deal with rough water caused by excessive cruiser wash or squally wind.• Why cold air temperature can be a hazard.• What the issues can be with a strong stream.• In the event of a capsize under amber conditions what courses of action would you take?• What is the role of a 'buddy'?• What boat checks should be made before an outing.• An appreciation of your own level of skill in deciding when not to go out or to cut an outing short.