



ATLANTA ROWING CLUB

SCULLING CHECKOUT REQUIREMENTS



LEVEL I ~ BEGINNING

- Set a **LEVEL I** single up properly on the dock and check appropriate equipment.
- Enter a **LEVEL I** single showing balance.
- Row the **LEVEL I** single in a straight line.
- Row at different rates and power.
- Turn both directions with two blades.
- Stop the single on command and back it.
- Dock the single against the current.
- Exit the **LEVEL I** single with balance.
- Clean the single, showing care of the equipment.
- Answer at least 2 of 4 questions correctly.
- Remove the stretchers and attach them again.

NOTE: If an inappropriate attitude is exhibited at any time during the checkout, the rower will be failed.

LEVEL II ~ INTERMEDIATE

- Complete all of the **LEVEL I** requirements in a **LEVEL II** single.
- In addition, answer at least 4 of 5 questions correctly.
- Dock the single against the current without hitting the bow against the dock.
- Exhibit the ability to steer the single either to port or starboard on command.
- De-rig and rig the single properly.

LEVEL III ~ ADVANCED

- Complete all of the **LEVEL II** requirements in a **LEVEL III** single.
- In addition, answer at least 6 of 7 questions correctly.
- Exhibit the ability to adjust the stretchers when on the water.
- Explain how to move the tracks on the single.