

Rowing

The Teacher-Examiner should choose appropriate skills/manoeuvres for each candidate from the following lists, subject to the capabilities of the candidates and the weather/water conditions:

Safety

Swimming ability.

Wear appropriate clothing and footwear.

Lifting and carrying boat.

Check boat.

Location of nearest telephone and first aid.

Effects of current, wind and tide.

Recognise hazards.

Know weather forecast.

Environmental issues

Impact of rowing.

Advanced Skills/manoeuvres

Launching and landing.

Rules of the river.

Forward and backward paddling.

Stopping forwards and backwards.

Execute an emergency stop.

Capsize drill.

Scull 4000m.

Square blades paddling – 10 strokes continuous.

Show progressive slidework from fixed seat building to full slide.

Coxing demands getting boated.

Coxing demands in competitive situations.

Ten consecutive strokes without touching the water with sculls coming forward.

Complete full spin turn (360°).

Either cox or crew a four or an eight in a competitive situation.

Come into landing point, disembark and release blades without assistance. Put equipment away and wipe down.

NB Candidates are expected to do only those skills and manoeuvres appropriate to the boat they are using, ie scull, four or eight.

Knowledge and equipment

History of Sport (Basic).

Different types of boat.

Name parts of boat.

Name stroke phases.

Difference between buoyancy aid and life jacket.

Mark Band	Athletics Activities - Rowing
9 – 10	Candidates should be able to perform skills/manoeuvres 1-18 Can name any part of boat Good knowledge of rules of the river and stream conditions No assistance to launch and put away equipment Scull 4km with most strokes not touching the water, showing good balance Participate in a competitive situation with style and speed Know how to get attached to a 'stake boat' start allowing for water/conditions influences
7 – 8	Candidates should be able to perform skills/ manoeuvres 1-14 Good control of self and boat in slide progressions Be able to direct others getting into a boat Good style and direction in paddling 4km Confident in capsize Knowledge of racing start and procedures for 'head' race and regattas
5 – 6	Candidates should be able to perform skills/manoeuvres 1-10 Some assistance in carrying boat off rack and to the water. Launch and land by self Competent in capsize Perform emergency stop with control Scull/row 4km
3 – 4	Candidates should be able to perform skills/manoeuvres 1-8 Can name all parts of the boat when prompted Assist in launch and land Paddle in a straight line Know how to perform an emergency stop
1 – 2	Candidates should be able to perform skills/manoeuvres 1-8 Can name all parts of the boat when prompted Assist in launch and land Paddle in a straight line Know how to perform an emergency stop

Skills/Maneuvers			
1.	Name parts of the boat	10.	Scull 4000m
2.	Launching and landing	11.	Square blades paddling – 10 strokes continuous
3.	Rules of the river	12.	Show progressive slidework from fixed seat building to full slide
4.	Forward paddling	13.	Coxing demands getting boated
5.	Backward paddling	14.	Coxing demands in competitive situations/race start procedure
6.	Stopping forwards	15.	Ten consecutive strokes without touching the water with sculls coming forward
7.	Stopping backwards	16.	Complete full spin turn (360°)
8.	Execute an emergency stop	17.	Either cox or crew a four or an eight in a competitive situation
9.	Capsize drill	18.	Come into landing point, disembark and release blades without assistance. Put equipment away and wipe down.