

Rowing Skills Checklist



Find out where you are on the masters rowing journey - check off the skills you have and find out what you can learn next.

Beginner Skills

Launching

- Safely lifts boat off rack and carry to the water
- Can do a boat safety check
- Adjusts foot stretcher

Rowing Skills

- Understands how to steer left and steer right
- Follows the traffic navigation pattern
- Executes an emergency stop
- Turns in place 360 degrees in both directions
- Backs the boat effectively for 30 strokes

Intermediate Skills

- Can row / scull with oars off the water feathered
- Can do pause drills and keep oars off the water
- Can stroke a boat confidently
- Can follow another rower accurately (hand speeds and slide control)
- Has experience rowing small boats (1x, 2-/2x) and big boats (4x, 4-, 4+, 8)
- Can row at a constant rate up to stroke rate 28 for 5 minutes
- Can maintain a consistent pressure for up to 5 minutes
- Rows with oars / sculls at the correct depth in the water
- Has correct handle grip and can feather (sweep) with inside hand and (sculling) can feather into the fingers

Rigging

Can de-rig a boat and re-rig it (owns a spanner /wrench / toolbox)

Can load a trailer, tie on boats and load oars and riggers

Can adjust oar gearing (length / inboard)

Coaching / Leadership

Can suggest a crew lineup and explain why each person is in that seat

Can diagnose simple faults and suggest drills for improvement

Can watch a video and see technique errors and explain what they see

Confident teaching a learn to row class / novices.

Advanced Skills

Safety:

Makes weather / wind check and can judge the skill of the crew and if they can handle the conditions

Can toe steer a coxless boat

Launching & Returning:

Can launch in rough water

Can land a single approaching from an angle and docking close enough to get rigger over the dock edge without assistance from the bank

Rowing Skills:

Can row square blades at firm pressure and ratings up to 30

Do the pick drill from the catch at square blades

Can steer the boat while continuing to row at firm pressure

Able to maintain firm pressure at a given rate for 5 minutes or more

Can row within a stroke rate range without needing a stroke coach

Able to place the oar in the water before pushing the legs at the catch

Able to square the oars well before the catch

Rigging

Can use a pitch gauge to check oarlock pitch

Knows what to adjust in oar length and inboard to suit different boat types

Can measure span / spread on sculling and sweep boats

Coaching / Leadership

Able to draw up a trailer loading diagram

Confident coaching others from inside the boat.

Can assess a crew and suggest drills or focus points appropriate to improvement