

# WRRRA Sculling Program Outline

WRRRA BOD Approved- February \_\_, 2018

## Section A – Basic information of the sculling program

1. Sculling Program – WRRRA has several facets of the sculling program
  - a. General scullers – Members who pay to utilize WRRRA sculling equipment (shells and oars).
  - b. Private scullers – Members who own their own equipment (both shell(s) and oars).
2. Sculling Committee:
  - a. The sculling committee is composed of WRRRA members who participate in either or both of the programs listed above. At minimum one member of the committee is a member of the CRF Safety committee.
  - b. Refer to the Sculling Committee Cover sheet for scope/authority. The cover sheet is approved annually by the WRRRA Board of Directors (BOD).
  - c. The committee will meet at least twice per year to address sculling matters.
  - d. Meetings may be called by the committee chair, or the director in charge, or by any two members of the committee.
    - i. To work on committee goals, or discuss disciplinary or emergency equipment matters.
    - ii. Attendance at meetings may be live or remote via electronic connection.
    - iii. A majority of committee members shall constitute a quorum.
    - iv. Meetings shall be conducted in accordance with Roberts Rules of Order, latest edition, unless otherwise decided by the majority of the members in attendance.

## Section B – WRRRA SCULLING EQUIPMENT USE

1. WRRRA sculling equipment includes singles, doubles/pairs, quads, and sculling oars.
2. Members of WRRRA, under such rules and regulations as the Board of Directors may from time to time establish, and subject to all CRF safety rules, use WRRRA-owned sculling equipment under the following terms:
  - a. The member has demonstrated to a sculling coach that he/she possesses the requisite skill to scull the shell (independently or with coach or mentor).
  - b. The sculler has paid the general sculling fee.
  - c. The sculler is using appropriate equipment taking into consideration rower weight, the weight limits.
3. Those who have paid for general sculling membership are permitted to use sculling equipment for racing. Members of WRRRA general sculling take precedence for use of general sculling equipment over nonmembers.
  - a. This includes regattas out of town.
  - b. Taking equipment to races is an exception to the reservation rules (see below).
  - c. Equipment going to regattas shall be signed out for the entire time the boat will be utilized including derig/rig, transportation and use at the regatta.
  - d. Transportation of the shells will be coordinated with WRRRA Head Coach and/or Master's Captains
  - e. Equipment must be in original state upon return (re-rigged, washed, repairs completed if appropriate)

f. If a sculling shell is already going to a regatta for use by a general sculling member it may be rented by a WRRR rower who is not a member of general sculling.

g. If a sculling shell is not already going to a regatta a WRRR rower who is not a member of general sculling may submit a request to take the shell to the race. The request should be submitted to the sculling committee 30 days prior to the event.

#### Section C – WRRR SCULLING EQUIPMENT RESERVATIONS & SIGN OUT

1. ALL equipment reservations should be made through the Appointy reservation system. Upon registration the participant will receive an email with Appointy reservation instructions.

2. No rower is allowed to reserve a WRRR single, double, pair or quad more than 2 times per week during peak time. "Peak time" is defined as 5:00 am- 7:30 am, and 4:30 pm-7:30 pm Monday- Friday; and 5:00 am – 10:00 am, weekends and national holidays.

3. If a shell is not being used or has been reserved and has not been claimed within 15 minutes of the reservation start time; the shell can be used on a first come first serve basis, within one's skill certification.

4. No reservation may be for more than a two (2) hour period. No one may reserve for more than one time slot in a row during peak times.

5. Singles and doubles may be reserved by sculling coaches for LTS programs or WRRR coached sculling more often than the foregoing rule allows.

6. Violation of reservation rules will result in suspension of sculling privileges for an amount of time to be determined by the sculling committee.

7. Scullers must sign in/out in the CRF sign out log. Penalty for failure to sign in/out may result in loss of sculling privileges.

8. Damage to any sculling equipment should be reported immediately following established WRRR Equipment Committee procedures.

9. Failure to report damage or repeated damage may be subject to penalty as determined by the Director of Sculling or the Chairperson of the Sculling Committee in consultation with the Equipment Director (monetary fine or loss of privileges).

#### Section D – LEARN TO SCULL AND COACHED SCULLING (*under development*)

1. WRRR will offer six-session Learn To Scull Programs to WRRR members between June 1 and September 15 at a fee determined by the BOD.

2. The Sculling Committee will set coach and program parameters and recruit coaches in conjunction with the Coaching Committee.

3. WRRR will offer a coached sculling program and/or sculling clinics based on sculler Survey results and coach availability. Dates will be determined by the Sculling Committee and coaches.

#### Section E – INDEPENDENT SCULLER CERTIFICATION

1. The following describes the process wherein individual WRRR members may be certified to independently row a single sculling shell, such persons hereinafter referred to as "scullers". The process applies to those scullers who will be using WRRR equipment, as well as to those scullers who will be using their own equipment.

The purpose of the certification process is to ensure that WRRR scullers are able to operate a single shell in a manner which is safe for them and other water-borne traffic that they might encounter. This

process has been designed to attempt to recognize the varying skill, aptitude and experience levels to be found throughout the WRRRA community.

**Definitions:**

**Fall Rowing League (FRL)** - WRRRA program which provides a minimum of 7 sweeps rowing opportunities during the fall season.

**Learn to Scull (LTS)** - LTS is a WRRRA program which consists of six sessions with a WRRRA Sculling Coach.

**Mentor** – an experienced, WRRRA independent sculler who has volunteered to assist those who have undertaken the independent sculler certification process.

**Mentored Row** – an on-water session, of at least one hour’s duration, wherein the sculler is accompanied by a Mentor for the entirety of the session. At least one Mentored Row must involve the passage of a large commercial ship which would require the sculler to identify, locate and navigate to the appropriate CRF-designated Passing Zone.

**Recognized Sculling Camp (RSC)** – a nationally recognized organization which provides on-water instruction to scullers in single shells. Examples include The Florida Rowing Center in Wellington, FL, Calm Waters Rowing in Lancaster, VA, and The Craftsbury Sculling Center in Craftsbury, VT.

**Safety Qualification Level (SQL)** – a safety certification granted by The Cleveland Rowing Foundation (CRF) to those individuals who have passed the appropriate written test as administered by CRF.

**Sculling Coach (Coach)** – an experienced, certified WRRRA sculling coach who has volunteered to:

- a) assess and determine the sculler’s basic competence to begin the on-water portion of the certification process;
- b) administer the final on-water Practical Test as described below; and
- c) conduct LTS program sessions.

Coaches for the 2018 WRRRA season are:

Tony Fistek – [tonyfistek@ncgv.net](mailto:tonyfistek@ncgv.net)

Bob Gannon – [bobgannon77@gmail.com](mailto:bobgannon77@gmail.com)

Tim Marcovy – [tam1952@gmail.com](mailto:tam1952@gmail.com)

Sharon Romilly – [sharon.romilly@arcelormittal.com](mailto:sharon.romilly@arcelormittal.com)

Mark Silverstein – [silver22747@aol.com](mailto:silver22747@aol.com)

**Summer Rowing League (SRL)** – WRRRA program which provides a minimum of 15 sweeps rowing opportunities during the summer season.

Due to the particular attributes of the Cuyahoga River, the following requirements will apply to all potential independent scullers, regardless of skill level, sculling aptitude or prior rowing experience:

**Requirements for All Experience Levels:** Requirements 1-6 may be completed concurrently, but must all be completed prior to the sculler taking the Practical Test in Requirement 7. It is strongly recommended that the sculler complete Requirement 1 as early in the process as possible.

- Must pass SQL test, and maintain SQL status per Cleveland Rowing Foundation (CRF) procedures;
- Complete basic on-water competency assessment with a Coach. The on-water competency assessment will consist of the coach using his or her judgement as to whether the sculler can safely operate the shell at a basic level, including, but not limited to, demonstrating the ability to enter and exit the shell at the dock, push off from the dock, and generally control the shell. Mentored Rows may only commence after the completion of this step;
- Complete required Mentored Rows based on experience level (see below);
- Maintain log of required Mentored Rows. Log must document the name of both sculler and Mentor, along with the date of the Mentored Row. Date of the large commercial ship passage should be noted;
- Locate CRF sign out/sign in log book and compete process;
- If using WRRRA equipment, identify WRRRA boats and blades, understand how to reserve shell and the protocol involved;

### Practical Test

Upon completion of the required Mentored Rows for their Experience Level (see below), the sculler should apply to the sculling committee for certification. The applicant will then be given the on-water certification Practical Test by a Coach. The Practical Test will include the assessment of the following tasks:

- General sculling skills, including stopping and backing;
- Ability to safely and expeditiously turn the shell 180 degrees, using a “river” turn (one oar backing, one oar rowing simultaneously). Acceptable duration of turn to be determined by the Coach administering the test.
- Handling the shell on land, and in & out of racks;
- Launch and landing the shell independently;
- Identifying landmarks on the river:
  - o All bridges
  - o All blind turns per the CRF Safety Manual (SaM)
  - o All straight stretches
  - o High & low sides of Carter Street and Columbus Road bridges;
- Make radio calls and identify when to use Channel 16 vs 68.

The administering Coach will report the outcome of the Practical Test to the Sculling Committee. The Sculling Committee will then notify the sculler whether they have been approved to row independently. If the sculler has not been approved, the sculler should consult with the Coach who administered the test as to what portions of the Practical Test should be re-addressed. This remediation may require an additional number of Mentored Rows as determined by the administering Coach.

## **Experience Levels**

- 1) No rowing experience.
- 2) Prior sweeps rowing experience, but no or limited (less than 3 years) Cuyahoga River experience.
- 3) Extensive Cuyahoga River sweeps experience (at least 3 full years, which may include high school, college, or any WRRRA adult program, with WRRRA SRL **plus** FRL in the same year counting as 1 year).
- 4) Prior extensive sculling experience on other venues, but no Cuyahoga River experience.

### Additional Experience Level 1 Requirements

- Complete either WRRRA LTS or show evidence of attending a minimum 3-day session at an RSC;
- Complete a minimum of 30 mentored rows.

### Additional Experience Level 2 Requirements

- Provide report of previous rowing experience and two references (one from a coach) from most recent rowing club (which may include WRRRA);
- Complete either WRRRA LTS or show evidence of attending a minimum 3-day session at an RSC;
- Complete a minimum of 20 mentored rows.

### Additional Experience Level 3 Requirements

- Complete either WRRRA LTS or show evidence of attending a minimum 3-day session at an RSC;
- Complete a minimum of 12 mentored rows.

### Additional Experience Level 4 Requirements

- Provide report of previous rowing experience and two references (one from a coach) from most recent rowing club;
- Complete a minimum of 12 mentored rows.

NOTE: the mentored rows must include at least 1 row involving the passage of a large commercial vessel requiring involvement with a Passing Zone. If the minimum number of rows is accomplished without such a passage, then the minimum number is extended until a passage occurs.