

## WRRRA Independent Sculler Certification Process

The following describes the process wherein individual WRRRA 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 WRRRA equipment, as well as to those scullers who will be using their own equipment.

The purpose of the certification process is to ensure that WRRRA 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; and,
- b) administer the final on-water Practical Test as described below.

Coaches for the 2018 WRRRA season are:

Tony Fistek – tonyfistek@ncgv.net

Bob Gannon – bobgannon77@gmail.com

Tim Marcovy – tam1952@gmail.com

Sharon Romilly – sharon.romilly@arcelormittal.com

Mark Silverstein – silver22747@aol.com

- c) conduct LTS program sessions.

**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.

- 1) Must pass SQL test, and maintain SQL status per Cleveland Rowing Foundation (CRF) procedures;
- 2) 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.
- 3) Complete required Mentored Rows based on experience level (see below);
- 4) 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;
- 5) Locate CRF sign out/sign in log book and complete process;
- 6) If using WRRRA equipment, identify WRRRA boats and blades, understand how to reserve shell and the protocol involved;
- 7) Practical Test  
Upon completion of the required Mentored Rows for their Experience Level (see Page 3 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:
  - a. General sculling skills, including stopping and backing;
  - b. 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.
  - c. Handling the shell on land, and in & out of racks;
  - d. Launch and landing the shell independently;
  - e. Identifying landmarks on the river:
    - i. All bridges
    - ii. All blind turns per the CRF Safety Manual (SaM)
    - iii. All straight stretches
    - iv. High & low sides of Carter Street and Columbus Road bridges;
  - f. Make radio calls and identify when to use Channel 16 vs 68.
- 8) 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

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

### Additional Experience Level 2 Requirements

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

### Additional Experience Level 3 Requirements

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

### Additional Experience Level 4 Requirements

- 1) Provide report of previous rowing experience and two references (one from a coach) from most recent rowing club;
- 2) 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.