

# PARTICIPANT COMPETENCY CHECKLIST



SCOTTISH  
ROWING

At the end of Learn2Row (L2R), participants will be able to take part in squad training with amber/green awareness in the key areas identified in the table below.

This document is appropriate for a full L2R Course over several sessions for both the coaches delivering the Learn 2 Row Course and/or the participants. The below information is not appropriate for a Come and Try session.

Using the 'light' system below, with **GREEN** = proficient in competency, **AMBER** = requires some support and **RED** for has not been shown competency/has not demonstrated competency level.

AREA	LEARNING OUTCOME	COMPETENCY
<b>ON WATER EQUIPMENT</b>	Participant can identify where the appropriate toilet, changing room and first aid kit is	Access to toilets, changing facilities and first aid kit
	Participant have been shown and can demonstrate safe and appropriate lifting techniques	Carrying equipment to and from water safely
	Participant have been shown and can demonstrate how to clean the equipment thoroughly after use and with the correct products	Cleaning equipment correctly
	Participant can identify different boat types and the main safety features on a boat. See also - Welcome Pack	Differentiate boat types and main safety features on boats
	Participant can safely and independently adjust the footplate height and position, remove and replace the seat and remove and replace the hatch cover	Adjusting equipment for personal use; footplate position and height, seat and hatch cover
	Participant have been shown and can demonstrate how to de rig and rig a boat	De rig and rig
	Participant can safely prepare and store their oar, personal belongings and themselves into and out of the boat	Get in and out of the boat pre and post outing

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Scottish Rowing Limited  
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AREA	LEARNING OUTCOME	COMPETENCY
<b>ERGO AND LAND TRAINING EQUIPMENT</b>	Participant can demonstrate use of stretching area and equipment safely	Stretching area and equipment
	Participant have been shown and can demonstrate safe and appropriate lifting, building and dismantling techniques	Carrying equipment to and from training area safely
	Participant have been shown and can demonstrate how to clean the equipment thoroughly after use and with the correct products	Cleaning equipment correctly
	Participant can safely and independently adjust the foot stretcher and screen for personal use	Adjusting equipment for personal use; inc. foot stretcher, height, screen height and angle etc.
	Participant can demonstrate ability to use screen, drag factor, set up a session and record/retrieve data	Set up a session on the ergometer
	Participant can identify ergometer screen information	Identifying ergometer screen information
<b>CLOTHING AND PERSONAL BELONGINGS</b>	Participant has worn appropriate clothing and footwear to activity. Also see - Welcome Pack	Appropriate clothing and footwear are worn for activity
	Participant has taken appropriate items to activity (food, water, sunglasses etc.)	Personal belongings

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AREA	LEARNING OUTCOME	COMPETENCY
<b>LAUNCHING SITE (MOVING BOAT TO AND FROM)</b>	Participant can demonstrate correct practices for entering and exiting the boat safely	Launching - order of crew entering, number of people holding, oar in before feet strapped in, holding oars, feet strapped in, etc.
		Landing - order of crew exiting, number of people holding, feet out first, oars second, keep a hold of the oar
	Participant can demonstrate pushing off/away from landing site and listening to instruction from cox/coach	Launching - how to push off, push away from landing sites, communication with crew/cox/coach etc., oar orientation e.g., flat/pushing away, chopping round etc., awareness of other water users etc.
		Landing - speed of boat, angle of boat, awareness of other water users, how to grab/latch onto landing site, communication with crew/cox/coach etc.
<b>HEALTH, SAFETY AND HYGIENE</b>	Participant has shown adequate hygiene standards (hand hygiene, blister management, understanding of water borne disease, changing out of dirty kit after activity)	Hygiene
	Participant understands importance of sun protection, hydration, nutrition pre and post activity	Sun protection pre and post activity
	Participant has demonstrated or has provided evidence that they are competent swimmers in self-rescue situations	Swimming competency

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AREA	LEARNING OUTCOME	COMPETENCY
<b>HEALTH, SAFETY AND HYGIENE</b>	Participant understands role of safety launch and safety equipment (lifejackets, etc.). Also see section - 'Clothing and Personal Belongings'	Knowledge of safety launch and basic safety protocols of activity
	Participant understands the risk of chewing gum, wearing earphones etc during activity	Safe personal practices
	Participant understands the rules of the river/waterway, tides, winds, current, water risk, when is it safe to row and when is it too dangerous, who makes that call in the club etc.	Water safety
	Participants are aware of the mental health and wellbeing support available, including the person in the club to contact with any worries. See also - Welcome Pack	Mental health and wellbeing support
	Participants are aware of the club Child Protection Policy - See also - Welcome Pack	Child protection policy
	Participant has declared fitness and overall wellbeing to take part in activity, as well as being made aware of injury risks	Declaring fitness/wellbeing
<b>TECHNIQUE</b>	Participant has knowledge of terminology/basic technique - how to stop a boat, how to steer, how to move, how to get to safety, etc.	See: Technical Guide and Rowing Terminology Index for full details
<b>COXING</b>	Participant can identify the four key areas in the role of a cox: steering, safety, communication and coaching,	Identify the role of the cox
	Participant can identify equipment necessary for a cox to carry out the activity - lifejacket, rudder, cox box, extra clothing etc.	Equipment required for coxing a session
	Participant can identify the knowledge required to cox the activity safely - e.g., rules of the river/water way, how a boat steers, how to steer, impact of stream/current/wind/tide etc, communicating with crew/coach/other water users, calls and coaching knowledge needed.	Key knowledge required to cox safely

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