

Name of Coxswain in Training: _____

ComeBoating! Coxswain Qualification Checklist

The coxswain-in-training must adequately describe, explain, and/or demonstrate each of the concepts below. A * marks those competencies which must be actively demonstrated. Each item must be signed off on by a qualified coxswain (in a few cases, more than once) to certify that the trainee fully understands and is fully able to complete that specific competency. Qualified coxswains should add their initials and date next to the items they certify. **Note:** a minimum of 2 different coxswains are required to have added their signatures to this sheet, and the more the better.

Once a coxswain-in-training has completed this sign-off list and submitted it to the Coxswain Coordinator, they will be considered "provisionally qualified." They may cox rows, provided there is a fully qualified coxswain onboard (either as a rower or passenger). After competing 5 of these provisional rows, the new coxswain will be considered fully qualified.

Pre-row Preparations

1. Assess weather conditions* _____
2. Assess tides* _____
3. Gather equipment* _____
4. Ensure all rowers have signed waiver* _____
5. Assess physical ability of all rowers, determine level of rowing experience

6. Ensure non-swimmers and rowers under 16 wear lifejackets

Communication

1. Run through Gig-rowing crash course with New Rowers* _____
 - a. Parts of the boat
 - b. Starboard vs. port
 - c. How to place foot-stretcher
 - d. How to hold oar
 - e. On-dock demonstration of commands
2. Radio Communication* _____
3. Known when to contact these ComeBoating! members: _____
 - a. Safety Officer (for near misses & mishaps)
 - b. Maintenance Officer (when repairs are needed)
 - c. President and/or Summer Rowing Coordinator

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Boat Handling

1. Launching* (minimum 3 times) - note weather conditions next to qualified coxswain's initials below:
 - a. _____
 - b. _____
 - c. _____
2. Once on the water
 - a. Hazards of Belfast Harbor _____
 - b. Hazards of the Passy _____
 - c. Rules of the Road _____
 - d. Timing the turn-around point _____
3. Docking* (minimum 3 times) - note weather conditions next to qualified coxswain's initials below:
 - a. _____
 - b. _____
 - c. _____
4. Line Handling* - spring lines vs. bow & stern lines, and how to use them

Post-Row Responsibilities

1. Communicate to rowers regarding donations, memberships* _____
2. Equipment Stowage* _____
3. Log Book* _____

Emergency Preparedness

1. Person in the water _____
2. Sudden severe weather _____
3. Medical emergency _____
4. Capsize _____
5. Punctured Hull _____
6. Collision _____

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5 Provisional Rows - to be Completed AFTER completing all of the above sign-offs

The lines below are to be **Signed and Dated** by the qualified coxswain who was on the row, plus a note on wind and wave conditions during the row and/or docking

1. _____
a. Conditions: _____
2. _____
a. Conditions: _____
3. _____
a. Conditions: _____
4. _____
a. Conditions: _____
5. _____
a. Conditions: _____

Full Names & Initials of Qualified Coxswains Who Signed Off on Any of the Above:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____