



## Checkout Policy for New Members with Rowing Experience

LBRA will periodically accept new members that come from other clubs and who have rowing experience. These individuals would not be expected to take a novice-level Learn-to-Row class, but should be checked out by a coach to ensure on-the-water competence, with safety and preservation of club equipment foremost in mind. Before taking out any club shells unsupervised or serving in any capacity where steering is involved (1x, or bow of 2x, 4x, or 2-), a new or prospective member shall be required to engage the services of any of the Learn to Row coaches and demonstrate the following in a single:

1. Ability to launch from, and land to, the dock unaided
2. Knowledge of procedure for righting and re-entering a single after flipping
3. Knowledge of Long Beach traffic patterns, with special emphasis on the sweatbox
4. Can point out permanent buoy positions on a map of our navigable waterways (Marine Stadium, around Naples, out to the jetty, up the backchannel)
5. Attentiveness to stationary and moving hazards. Looks behind every 7 or so strokes.
6. Ability to back the boat in a straight line for 50 meters
7. Competence in maneuvering around hazards, using the buoys at either end of Marine Stadium as a slalom
8. Ability to maneuver close-in using river turns, turning the boat both clockwise and counterclockwise in little more than the boat's length

The coach shall have sole discretion to approve the rower's qualifications and will inform the membership chair in writing (e-mail is sufficient) when the evaluation has been successfully passed. In the event of failure, and in consultation with the coach, the rower may either re-test later or successfully pass the Novice Single Sculling program. Any coach sanctioned by the LBRA board, paid or volunteer, shall have this authority.

Prospective Rower \_\_\_\_\_

Evaluator/Coach \_\_\_\_\_

Date of Evaluation \_\_\_\_\_



Criteria	Pass	Fail	Not Obs	Comments
Ability to launch from, and land to, the dock unaided				
Knowledge of how to right and re-enter a single after flipping				
Knowledge of Long Beach traffic patterns, with special emphasis on the sweatbox				
Can point out permanent buoy positions on a map of our navigable waterways (Marine Stadium, around Naples, out to the jetty, up the backchannel)				
Attentiveness to stationary and moving hazards. Looks behind every 7 or so strokes.				
Ability to back the boat in a straight line for 50 meters				
Competence in maneuvering around hazards, using the buoys at either end of Marine Stadium as a slalom				
Ability to maneuver close-in using river turns, turning the boat both clockwise and counterclockwise in little more than the boat's length				

Edited Nov 14<sup>th</sup>, 2020