

# OARCA Novice Coastal Rowing Checklist



The checklist below outlines some of the topics that will be introduced to you as you proceed through the Novice Coastal Rowing program. In rowing, the "novice" category typically refers to individuals in their first year of rowing, regardless of age. So, although the checklist might seem long, the idea is that by the end of a year you should be familiar with all the topics to some degree or other.

One thing that isn't on the checklist, but should be in every category, is "Having fun!" We want you to enjoy the experience and not worry if something seems difficult. It will come. It is that practice thing. Be aware that all rowers find something difficult no matter how experienced they are. It is part of what keeps rowing so interesting!

Category	Topic	Check	Comments
<b>Safety</b>  Know these safety items	Location of OARCA safety plans and who to contact in an emergency.	<input type="checkbox"/>	
	How to use the PFDs.	<input type="checkbox"/>	
	Know Transport Canada regulations and ensure they are followed.	<input type="checkbox"/>	
	How to check tides and currents and what this means to the row.	<input type="checkbox"/>	
	How to check for weather conditions. Particularly the effects of wind and fog and what this means to the row.	<input type="checkbox"/>	
<b>Equipment</b>  Know how to manage the boats plus launch and land	How to prepare boats for use. MAKE SURE PLUG IS IN!	<input type="checkbox"/>	
	Put quads on trailer if using quads.	<input type="checkbox"/>	
	How to move boats to the ramp for launching. (e.g. Be careful to not pull up on riggers while moving boats.)	<input type="checkbox"/>	
	Manage the launching procedure and dealing with trailer.	<input type="checkbox"/>	
	Manage the return / landing procedure.	<input type="checkbox"/>	
	How to wash boat upon returning it to the compound.	<input type="checkbox"/>	
	Know how to store the boat and oars. OPEN THE PLUG.	<input type="checkbox"/>	
<b>Terminology</b>  A good list is available in the Rowing Canada LTR handbooks.	Know parts of the boat and oars <ul style="list-style-type: none"> <li>Check out the diagram and list in the LTR Participant Handbook #1 &amp; #2</li> </ul>	<input type="checkbox"/>	
	Know commands <ul style="list-style-type: none"> <li>Check out the list in the LTR Participant Handbook #1 &amp; #2</li> </ul>	<input type="checkbox"/>	
<b>Grip</b>	Demonstrate proper feathering and squaring. (Relaxed grip & flat wrists)	<input type="checkbox"/>	
	Demonstrate square to feather at release	<input type="checkbox"/>	
	Demonstrate feather to square approaching catch	<input type="checkbox"/>	

<b>Body &amp; Blade Positioning</b>	Safety position on water. Blades feathered and flat on the water.	<input type="checkbox"/>	
	Maintain posture	<input type="checkbox"/>	
	At the finish / release	<input type="checkbox"/>	
	On the recovery	<input type="checkbox"/>	
	At the entry / catch	<input type="checkbox"/>	
	On the drive	<input type="checkbox"/>	
<b>Boat Handling Skills</b>	Rhythm and efficiency	<input type="checkbox"/>	
	Trajectory of oar handle	<input type="checkbox"/>	
<b>Drills for Skills</b>	Square blade	<input type="checkbox"/>	
	Pause drills	<input type="checkbox"/>	
	$\frac{3}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ slide rowing	<input type="checkbox"/>	
	Pick drill	<input type="checkbox"/>	
	Reverse pick drill	<input type="checkbox"/>	
	Cut the cake	<input type="checkbox"/>	
	Push pull	<input type="checkbox"/>	
	Let go of handle	<input type="checkbox"/>	
	Tapping	<input type="checkbox"/>	
	Feet out	<input type="checkbox"/>	
	Eyes closed	<input type="checkbox"/>	
	Rowing in circles	<input type="checkbox"/>	
<b>Coastal Row Planning</b>	Can read a nautical chart	<input type="checkbox"/>	
	Can identify possible high current areas	<input type="checkbox"/>	
	Can determine currents in named channels	<input type="checkbox"/>	
	Know how to get marine weather information	<input type="checkbox"/>	
	Understand the meaning of knots vs nautical miles and relation to land-based measurements	<input type="checkbox"/>	
	Identify safe beaches or possible pull-out areas	<input type="checkbox"/>	
	Know the rules of right of way	<input type="checkbox"/>	
	Check ferry schedules if likely to cross their path	<input type="checkbox"/>	
	Can prepare and file a float plan	<input type="checkbox"/>	
	Ensure a safety contact is identified	<input type="checkbox"/>	
	Have a mobile phone or VHF radio for emergencies	<input type="checkbox"/>	

#### Resources:

- There is a page on the OARCA website with resources just for you. Check it out at <https://oarca.org/novice-resources/>

