

WCBP Lifeguard Rowing Checklist

All lifeguards will be required to complete this checklist prior to rowing singles. Lifeguards must row with a partner who has successfully completed this checklist. Once an officer completes and submits this checklist this guard will be permitted to row singles. The lifeguard must successfully pass each category to be cleared to row singles.

Guard Name: _____

Guard Signature: _____

Date & Time: _____

I have been trained on the below tasks: _____

Skill	Pass	Needs Improvement	Comments
Terminology, Equipment & Set Up & Breakdown			
Bow			
Stern			
Position of oars			
Plug			
Footboard use			
Moving Boat Safely			
Demonstrates safe movement on Beach			
Demonstrates safe movement with boat in surf			
Launching Boat			
Identify safe conditions for launching boat			
Entering boat (doubles & Singles)			
Preliminary Strokes			
Bow perpendicular to waves			
Rowing Stroke			
Oar Positioning			
Body, Foot center Positioning			
Arms Away			
Catch			
Blades squared & Buried			
Equal pressure on both oars			
Finish/follow through/Recovery			
Boatsmanship			
Awareness of conditions/wind			
Successful turning			
Course/Navigation			
Maneuvering boat in surf			
Demonstrates importance of "high side"			
Returning Boat to Beach			
Turning at proper distance away from beach			
Identify Surf/Beach conditions			
Navigation			
Successful Stern first Position			
Exiting boat safely			

The above named guard has successfully completed this rowing proficiency checklist.

Officer (s) Name: _____

Officer (s) Signature: _____

Date & Time: _____