

**Twickenham Rowing Club
LEVEL 1 STEERING ASSESSMENT FORM**

Name of assessor:

Date: / /2022

Name of steerer:

Boat type:

Compulsory criteria	Completed? (Y/N)
Get the boat out of the boat house/rack safely and onto the water	
Confirm all boat checks are done <i>without prompting</i> e.g. bow ball, heel restraints, buoyancy compartments and outing board <i>correctly</i> filled in. If any of these are not done, without prompting, it is a fail but do not let on at that time and go on with the test.	
Confirm any stretcher adjustments are made by the hard before pulling out into the navigation channel.	
Steer the boat on a curved course round a bend a steady distance from the bank against the stream.	
Steer the boat on a curved course round a bend a steady distance from the bank with the stream'	
Steer to port/strokeside on request using rudder and/or rowers	
Steer starboard/bowside on request using rudder and/or rowers.	
Successfully execute an emergency stop in accordance with the approved TWRC method.	
Successfully use the emergency stop using only on port/stroke side	
Successfully use the emergency stop using only on starboard/bowside	
Turn 90 degrees on the spot correctly (Alternate back and paddle ideally full slide but using some slide and all body not just arms)	
Back it down	
If testing a rowing/ sculling steerer, looking <i>alternate</i> shoulders every five strokes or less OR If testing a cox, checking they are looking round regularly to the front.	
Test when stopped, they check behind.	
Check if they have instructed bow pair to look round at any risk points and on a regular basis regardless.	
Land the boat, get it off the water, washed down and in the boathouse/rack safely.	
Sign the boat back in (no prompting).	

Additional skills for coxes only (not mandatory for the first season but strongly recommended, particularly for novices, and <i>required</i> to be retaken in the second season or on the uplift to Level 2)	Completed? (Y/N)
In an 8+ or a 4+ for the cox to explain and get the crew to move sideways to paddle on in front of the rigger using ONLY about 15 to 30cms of blade travel (i.e. tiny little taps) and ensuring that the inside hand is down the blade and the outside hand off so that the blade is almost parallel to the boat.	
Do this with bow giving the blade to 2 as well as doing it on their own; likewise, 3 with 2's blade and the same with 3 and 4 both separately and together.	
Move the boat sideways on the spot: bow taps on in front and 7 backs it down leaning as far back as they can so boat moves sideways; likewise with 2 and stroke	
Practise getting parallel to a wash by moving as necessary to give sufficient room (e.g. away from the bank if in the inshore zone) for the manoeuvre. This is done by anticipating the angle of the wash moving out from the shore and holding it up one side and paddling on the other until the boat is parallel to the wash then going to the "safe position" (blades at 90 to the boat; one hand up and one hand one down to control the level of the boat for the wash);	