

Knowledge and Skills to be assessed

	All rowing members of TWRC			
Level 0	<p>Understanding of basic rowing competency verified by a short online test covering</p> <ul style="list-style-type: none"> • handling boats and blades on the hard, • pre-outing basic safety checks, basic • pre-outing safety assessment of conditions, • understanding of the navigation rules on the TWRC stretch and • appreciation of the hazards that are commonly encountered • importance for steers of regularly looking out • importance of calling out well in advance to prevent collisions • how to respond and behave in event of an incident or near miss event 			
	1X/2x	4X-	2-/4-	Cox 4+/8+
Level 1	<p>Basic boat handling, skills and steering competency as detailed in the Level 1 Assessment Form.</p> <p>Competency to be awarded on the basis of passing the test and up to three satisfactory water sessions before sign off is given.</p> <p>The assessors will evaluate navigation capabilities and whether an appropriate frequency of look outs is taken.</p>	<p>Same skills as 1x and 2x but in addition with steersman giving clear and timely calls both on the water and on the hard.</p> <p>Appreciation of the larger size and faster speed of the boat.</p> <p>Navigation and look outs as for 1x/2x</p>	<p>Same test as for 4x- but tested separately as these boats are more challenging to handle than sculls.</p> <p>Navigation and look outs as for 1x/2x</p>	<p>Safe boat handling on land and on water, steering, correct navigation, lookout and effective communication with crew, coach and other river users.</p> <p>Additional skills in moving the boat sideways may be tested.</p> <p>Coxes are expected to demonstrate they looking beyond bows to check blind spots.</p>
Level 2	<p>For steerers of all boat classes</p> <ul style="list-style-type: none"> • Enhanced level of competence and confidence with more challenging conditions. • Understanding of the requirements of lights, fitting etc and of the appropriate clothing. • Need for increased vigilance in looking out for hazards. <p>Coaches should recommend steers for Level 2 based on the quality of their performance, steering, their attitude with respect to safety and risk assessment, and their level of experience.</p> <p>All steers must have completed sufficient outings, including at least three in the dark (unless they are willing to have a daylight-only limitation).</p>			

Level 3	<p>Need to demonstrate competence with navigating in unfamiliar surroundings and conditions. Potentially busier stretches of the river with multiple rowing clubs.</p> <p>Before taking this test, you must have carried out an extensive number of outings over several months. These outings should be GPS tracked and the tracks submitted on line. The outings should demonstrate your ability to steer in a variety of conditions and may include (but are not limited to) high tide, low tide, busy weekend mornings and an outing in the dark.</p> <p>Scullers/steers/coxes proposed for Level 3 will be required to pass a test on knowledge of the Tideway Code and on the key hazards encountered on the Tideway between Putney Bridge and Richmond Lock.</p>

Notes:

1. The skills required to manage single and double sculls are considered to be equivalent and therefore covered in a single sign-off assessment.
2. Steering of a 4x- presents the challenge of a faster and longer boat as well as use of a footplate driven rudder and therefore subject to a separate assessment.
3. Steering of sweep boats provide a further level of skill and are deemed to require a separate assessment. [However, a steer signed off for 4- is deemed to be signed off also for 4x-.]
4. The Rowing Safety Advisor will maintain a register of sign off levels for all TWRC members. If you have any questions on your status, please ask either the Captains or the Rowing Safety Advisor.

Assessment

Level 0	Assessment by this simple online multiple-choice test: https://forms.gle/6SGSVGUvUCCFedyU7			
	1X/2X	4X	2-/4-	Cox 4+/8+
Level 1	<p>Assessment of the key skills may be carried out by any one of Adam Berry, Doug Davidson, Paul McCarter or an alternative allocated by the Safety Committee.</p> <p>Assessment of two follow on test outings to be carried out by any of the same panel.</p>	<p>Assessment of the skills required and follow-on outings to be carried out by an assessor allocated by the Safety Committee.</p> <p>The post-test assessment will include safely navigating up river on the Surrey side of Eel Pie.</p>	<p>Assessment of the skills required and follow-on outings to be carried out by an assessor allocated by the Safety Committee on the same basis as for 4x.</p>	<p>Assessment of the skills required and follow-on outings to be carried out by an assessor allocated by the Safety Committee.</p>
Level 2	<p>Oral assessment involving:</p> <ul style="list-style-type: none"> • identifying all the hazards between Teddington and Richmond, • scenario-based questions and • risk assessment scenarios. <p>Outing assessment by Safety Committee approved assessor.</p>			
Level 3	<ul style="list-style-type: none"> • Tideway Code exam • Review of GPS tracked outings • Outing assessment on the Tideway 			

Activities Permitted per Level

For the purposes of this document, the following are deemed to be **challenging conditions**.

- **Wind speed of >35 km/hr or gusts of >50 km/hr**
- **Flow rate of >100 m³/s – after adjusting for the effect of tidal flow (see the boating plan for details)**
- **Darkness or reduced visibility of 100-180 metres.**

Level 0	Rowing and sculling in all classes of boats under supervision of an approved Club coach			
	1X	2X/4X	2-/4-	Cox 4+/8+
Level 1	<ul style="list-style-type: none"> • Independent outing on TWRC stretch in benign conditions and in daylight: <ul style="list-style-type: none"> ▪ <i>Flow rate of <100 m³/s or <40 m³/s in Ebb tide.</i> ▪ <i>Wind of < 35km/hr</i> • Spin at Glovers when conditions approach the upper limit. • Coached outing in more challenging conditions or at night time (at coaches' discretion) as preparation for Level 2. 	As for 1x but allowing outings with flow rate between 100 to 140 m ³ /s (or 40-80 m ³ /s in Ebb tide), subject to turning above Glovers Island ("Rule of 4 blades")	As for 2x and 4x but with the limitation of independent outings restricted to above Richmond Bridge	As for 2x/4x.
Level 2	<ul style="list-style-type: none"> • Independent daylight outing on TWRC stretch with ONE challenging condition. • Independent night time/reduced visibility outing in benign conditions only. 	As for 1x.	As for 1x and 2x. Permitted to venture down to Richmond Lock independently, with appropriate risk assessment.	As for 4x/4-
Level 3	<ul style="list-style-type: none"> • Level 3 steerers/coxes are deemed to have sufficient experience and judgement of risks to understand their own limitations in relation to the conditions, subject to the general limitations in the Boating Plan. • Having passed the tests for knowledge of the Tideway Code, they are permitted to go out on the Tideway at quiet times for Tideway clubs. Outings at busy times for Tideway rowing clubs (weekends and weekday evenings) must be avoided unless accompanied by a coach. 			