



Captain's Test

This is a test to make sure that everyone who joins the Quinsigamond Rowing Club and desires using club equipment is able to do so while ensuring safety to both rower and equipment and understands general procedures of using club equipment. It will be administered by a board member or person designated by the board. The results of the test will determine whether the rower is able to use the club's racing equipment. If the rower has little or no sculling experience or fails the Captain's Test the rower will need to complete 60 miles in the Alden or Explorer singles. Below are the elements of the test:

- 1.) Boat signout
- 2.) Carrying boat to dock and launching without incident
- 3.) Rows through 290 bridge, turns and rows back
- 4.) Demonstrates ability to
 - Paddle both square and feather
 - Stop quickly (hold water)
 - Row backwards (backing the boat)
- 5.) Docks successfully
- 6.) Returns boat to rack without incident (i.e. hitting adjacent boats)
- 7.) Wipe down boat
- 8.) Sign boat in

As stated in Steps to Becoming a Member, all members of QRC:

- 1.) Must read and sign the safety rules,
- 2.) Sign the liability waiver
- 3.) Know who to contact in event of emergencies
- 4.) Know who to contact for equipment breakage
- 5.) Understand how to reserve boats and boat schedule