

# Examination Regulations

## Rowing Exams and Permissions

### Art. 1 Rowing Exam

1. On successful completion of a rowing exam a permanent qualification is granted which allows independent use of designated boats owned by the club.
2. A rowing exam consists of the rower demonstrating his/her rowing skills to one or more members of the examination committee. The examination committee members assess the rower on the basis of the requirements and standards as defined elsewhere in this document and in the Rowing Instruction Guide. A positive assessment means that the rower is qualified to independently reserve a certain category of boats in the on-line reservation system. A negative assessment means that the rower is not yet qualified to reserve boats in that category.
3. The outcome of a rowing exam can only be reversed by the board of the club in such cases as set out in the Articles of Association, and the Internal Rules.

### Art. 2 Permission

1. The board may grant a rower permission for the temporary use of a boat or a category of boats. The board may grant permission for a specific race, a race training and/or rowing exams, tour-rowing or other activities as determined by the board.
2. The board-appointed rowing instructors are qualified to grant permission to members who are rowing under their care, but only during instruction. In this situation, the instructors are responsible for the behaviour of the rowers under their supervision and for any damage resulting from this behaviour.
3. The permission terminates:
  - At a predetermined point in time;
  - When activities as referred to in paragraph 1 of this article have been terminated;
  - When the rower is rowing without the supervision of the instructor as referred to in paragraph 2 of this article;
  - In those cases where the board deems it necessary to protect the equipment, the rower or otherwise.

### Art. 3 Registration for the Rowing Exam

1. Rowing members of the club can only be registered for an S1 and B1 exam by their board-appointed instructors and/or coaches. For all other exams, members can register individually or with a crew.

### Art. 4 Requirements and Standards

1. For all exams, the rower needs to know the following **theoretical components**:
  - Boat parts;
  - Boat types;
  - How to use the on-line-boat reservation system, including qualifications and assigned boats;

- How to use the damage complaints book;
- The rules on the water;
- When it is prohibited to row;
- The commands used in rowing boats.

2. Rowers take the **S1-exam** in stable C2x+ or C4x+ boats, at different positions and as the cox. For the **S1-exam**, the rower is required

- To correctly bring the boat, the oars and rudder (where applicable) out of and into the boat house; To take the boat out and put it back into the rack and to put the boat into and out of the water safely and with due care;
- To lift and carry the boat;
- To safely get in and out of the boat;
- To rinse and dry the boat;
- To correctly adjust the foot plate/stretcher when on the water;
- To row in a manner which is safe, technically correct and synchronised at all positions;
- To be able to give and execute commands in order to use the boat independently;
- To be able to execute specific commands: to make an emergency stop, to be able to navigate narrow bridges or in between mooring posts by holding the oars alongside the boat, to turn the boat around over port and starboard side, to be able to back down the boat (i.e. “reverse” rowing) over the length of 20 meters;
- To cox the boat: to be able to give the correct commands, to correctly use the rudder in order to use the boat independently, to be able to dock the boat on the starboard and port side;

The rowers will be assessed individually, not as a crew.

3. Rowers take the **B1-exam** in stable C2+ of C4+ boats. The rowers have to meet the same requirements as for the S1-exam.

4. Rowers take the **S2-exam** in stable C1x- boat boats. The rowers have to meet the same requirements as for the S1-exam.

Additional requirements are:

- To row any distance safely, in a technically correct manner and to be able to correctly execute manoeuvres in order to use the boat independently;
- To be able to keep a good balance;
- To be able to dock the boat using regular strokes as well as “reverse” strokes, i.e. back down the boat;
- To be able to describe the basics of the rowing technique;
- To be able to describe the basics of adjusting the boat with regards to the leverage of the oar and the height of the swivel.
- To know in theory, what to do when a boat capsizes.

5. Rowers take the **B2-exam** in a racing shell 4+ boat. The rowers have to meet the same requirements as those for the S3-exam.

6. Rowers take the **S3-exam** in a single scull (or a practice single scull). The rowers have to meet the same requirements as those for the S2-exam. Additional requirements are:

- To row any distance safely and in a technically correct manner at various speeds with light, medium and strong strokes and to be able to correctly execute manoeuvres in order to use the boat independently;
  - To demonstrate a race start;.
7. Rowers take the B3-exam in a coxless pair (2-). The rowers have to meet the same requirements as those for the S3-exam.
  8. The examination committee or a designated board member (the committee member for race rowing) may grant a new member a qualification on the basis of his/her former rowing achievements. New members will usually be asked to demonstrate their rowing skills to an examination committee member. The new member is also required to know the points under Article 4.1. Basis for a qualification to be granted is meeting the standard examination requirements. If a member has demonstrated his/her rowing skills to the committee member for race rowing, the committee member will also inform the examination committee of the outcome.