

Examination regulations

Rowing tests and qualifications

Art. 1 Rowing exam

The successful completion of a rowing exam grants a permanent qualification allowing for independent use of designated boats owned by the club.

1. A rowing exam is assessed by a member(s) of the exam committee. The exam committee assesses the rower according to the norms and standards as defined elsewhere in this appendix and in the Rowing Instruction Guide. A positive assessment means that the rower holds the qualification and is allowed to independently reserve a designated boat in the online reservation system. A negative assessment means that the rower cannot reserve such designated boats.
2. The outcome of a rowing exam can only be altered by the board of the club, in such cases as defined in the bylaws, Internal Rules of Operations, Rules of Procedure and/or Appendices associated with these provisions.

Art. 2 Permission

1. A permission is granted by the board to a rower for the temporary use of a boat or a certain category of boats. The board could grant a permission for a 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 while receiving instruction. The instructors are responsible for the behaviour of the rowers under their care and for any damage resulting from this behaviour.
3. The permission ceases to exist:
 - At a predetermined point in time;
 - When activities as referred to in paragraph 1 of this article have been terminated;
 - When you row without the guidance of the instructor as referred to in paragraph 2 of this article;
 - In those cases where the board deems it necessary to protect the material, the rower or otherwise.

Art. 3 Registration for exams

1. Rowing members of the club can only be registered for a S1 and B1 qualification rowing exam by their board-appointed instructor(s) and/or coach(es). For all other exams, members can register individually or with a crew.

Art. 4 Requirements and standards

1. For all exams the examinee needs to know the following theoretical components:
 - Boat parts;
 - Boat types;
 - How to use the online-boat reservation system;
 - How to use the damage and broken parts book;
 - The rules on the water;
 - The commands used in rowing boats.

2. For the S1-exam, stable C2x+ or C4x+ boats are being used. The examinee needs to demonstrate that he/she is able to row on all positions and is able to cox the boat. The S1 exam has the following requirements:
 - To correctly bring the boat, the oars and rudder (where applicable) out of and into the boat house (i.e. to take out and put the boat back into the racks and to put the boat into and out of the water safely and with due care);
 - To safely get in and out of 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;
 - To be able to give and execute the 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 the passing of narrow bridges or in between dolphins, 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 and to be able to dock the boat on the starboard and port side in order to use the boat independently;
 - The examinees will be assessed individually, not as a crew.
3. For the B1-exam stable C2+ of C4+ boats are being used. The examinee has to meet the same requirements as for the S1-exam.
4. For the S2-exam a stable C1x- boat is being used. The examinee has to meet the same requirements as for the S1-exam. Additional requirements are:
 - To row any distance safely, in 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.
5. For the B2-exam a racing shell 4+ boat is being used. The examinee has to meet the same requirements as for the B1-exam.
6. For the S3-exam a (practice) skiff is being used. The examinee has to meet the same requirements as 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;
 - To know what to do when a boat capsizes.
7. For the B3-exam a 2- (pair) boat is being used. The examinee has to meet the same requirements as for the S3-exam.