

Rowing Boatman



Complete the following:

1. Hold the Sea Activity Log and has passed the swimming test.
2. Complete either (A) or (B):
 - (A) Completed a 2-day Rowing Boat Training Course (at least 12 hours) held by the Association, which including:
 - (a) Understand the following safety guidelines
 - Know the safety guidelines including capsized drills, navigation rules, floating substances, protected clothing and international distress signals.
 - (b) Understand the following theories:
 - Basic rowing skills
 - Basic rowing terms (Backstops, Handsaway, Easyal, etc.)
 - The names of major parts of a rowing boat (Oarsman)
 - Safety rules (including capsized drills)
 - Traffic rules
 - Traffic rights (including giving verbal signals)
 - (c) Complete the following practical training:
 - Warm up and stretching exercises
 - Basic rowing skills
 - Give verbal signals
 - Carry a boat and equipment and their maintenance
 - Row a leisure boat
 - Participate in a rowing race of 500 meter
 - (B) Hold the Star Two Certificate of the Hong Kong, China Rowing Association or equivalent qualification.