

Frisco Rowing Center (FRC) Captain's Test

You must qualify for the Captains test in the boat classification you intend to row. When you want to move to an upper level boat you must get approval from a coach or boat captain.

Know the following items:

1. How to use the boat reservation sheet.
2. How to use the Log Book when you take the boat out, and when you return.
3. Where to locate the PFDs, attach one to your person, and demonstrate how to don and inflate with CO₂ and orally.
4. What you would do in an emergency situation, such as if you flip, if the weather turns, if you get into a collision, etc.
5. How to identify FRC vs. private oars/boats, and how to care for FRC boats. Note proper rack space identification for club boats.
6. How to remove and replace boats safely from rack without bumping anything and not hitting other boats.
7. How to launch and remove a boat from the water safely, without damaging the boat.
8. If you need to use a cart to transport a boat you must demonstrate proper use.
9. Demonstrate proper oar placement and foot stretcher adjustment.
10. Show how the seat should be replaced in its' tracks if it falls out.
11. Demonstrate adequate technique for entering and exiting the boat from the dock.
12. If you have to leave your boat unattended for a short period of time, demonstrate how you make sure it does not drift away.
13. Verbally review the FRC traffic pattern and how to identify hazard markers and shallow spots on the lake.
14. Row to the end of the marina "inlet", turn, row back to dock and land proficiently.