



# Aberdeen Boat Club

## Sculling Proficiency Scheme



Aberdeen Boat Club's "Sculling Proficiency Scheme" is used as a means of allowing members new to sculling to develop their skills & competence and thereby progress through the club boats. Members at stage 1 & 2 are not permitted on to the water on their own, when other experienced club scullers are not present.

New members with previous sculling experience are required to undergo an initial assessment by an ABC examiner to assess at what level they fit within the Scheme & thereafter, with consultation with the Captain, which boat(s) they may use.

### Stage 1

- Boat – **Alden (Banana) Scull**
- Experience Level – None
- Requirements – must have a competent coach / minder for first outing
- Goals – Competence with cross-over of sculls handles
  - Basic steering competence
  - Knowledge of river circulation pattern
- Progression – to Grey Scull, after a minimum of 2 outings or when Goals have been achieved.

### Stage 2 – ABC Bronze

- Boat – **Grey Scull**
- Experience – Completed or assessed at Stage 1
- Requirements:
  - Must complete **Swimming Test** before 1<sup>st</sup> outing
  - Must have competent coach / minder for 1<sup>st</sup> outing
  - Minimum of 6 solo outings before attempting Bronze Test
- Goals – Successfully complete ABC Bronze Test
- Progression – to DeeHeavy / MeDeeum / DeeLight according to weight.

### Stage 3 – ABC Silver

This is a skills / competence check.

- Boat(s) – DeeHeavy / MeDeeum / DeeLight
- Experience – Completed or assessed at Stage 2
- Goals – Successfully complete ABC Silver Test
- Progression – to ABC Gold Test

### Stage 3 – ABC Gold

This is designed to engrain sculling technique & knowledge of the river. When complete, scullers may steer a double in daylight & progress to night sculling.

With a commitment to racing at a high level, scullers may also progress to higher level boats (with the Captain's agreement)



# Aberdeen Boat Club Sculling Proficiency Scheme



## 1. SWIMMING TEST

Ask a responsible adult to act as an examiner (e.g. rowing coach, local pool lifeguard, etc) and make arrangements to swim 100 metres in rowing kit i.e. all-in-one / tee-shirt + shorts / + socks

Then ask him / her to complete the following details

Name of examiner (Block Capitals) .....

Position held .....

Name and Address of Swimming Pool (or location if open water)

.....  
.....

I certify that .....

has successfully swum 100 metres in rowing kit.

**Signed.** .....

Date .....

**ABC Reviewed**.....

Date.....



# Aberdeen Boat Club

## Sculling Proficiency Scheme



### **2. ABC BRONZE TEST**

Candidates must demonstrate the following:

- They have completed the 100 m swimming test in rowing kit
- They have a working knowledge of the principal parts of the equipment used. Boat:- riggers, gates, swivels, stretchers, shoes / clogs, heel restraints, front stops, back stops, slides, runners, seats, wheels, bow ball. Sculls:- button, sleeve, loom, blade.
- Explain in detail the safety procedures to avoid capsizing, and, what to do in the event of a capsize.
- With the aid of an assistant, be able to take the sculling boat from the boat rack and place safely on the water and, at the end of the session, be able to return the boat safely to the boat rack.
- With the aid of an assistant, be able to embark and disembark competently and safely.
- Be able to scull a total distance of 1000 m, i.e. 500 up and 500 back, navigating the river safely on a course set by the examiner.
- Scull 10 consecutive strokes without sculls touching the water on the recovery.
- Turn the sculling boat 180° in its own length in both directions.
- Reverse paddle for 10 strokes to a stationary point (i.e. as though attaching to a stake boat)
- Paddle firm and execute an emergency stop on a shout from the examiner.
- Execute 2 consecutive passes upstream through the Queen Elizabeth & the Suspension Bridges on the correct side of the river

Note: the above can be done in any order but should be done in one continuous session



# Aberdeen Boat Club Sculling Proficiency Scheme



## **EXAMINERS CHECKLIST FOR THE ABC BRONZE AWARD**

Name of Candidate .....

<b>Test</b>	<b>Tick for Pass</b>	<b>Remarks</b>
1. Swim test complete		
2 Working knowledge of equipment		
3. Safety knowledge		
4. Boat handling on land		
5. Embarking/disembarking		
6. Scull 500m + 500m		
7. Scull 10 consecutive strokes without sculls touching the water		
8. Turn scull 180°		
9. Reverse paddle 10 strokes		
10. Emergency Stop		
11. Bridges - 2 correct upstream passes		

Comments .....

.....

Name of Examiner (Block Capitals) .....

The candidate today passed all sections above.

Signature of Examiner .....

Date .....



# Aberdeen Boat Club

## Sculling Proficiency Scheme



### **2. ABC SILVER TEST**

Candidates using a shell boat must demonstrate the following:

- Lift the boat from the rack safely on departure and on to the rack safely on return.
- Embark, pull away from the landing stage unaided and adjust correctly.
- Paddle 5 consecutive strokes with square blades without scraping the water on the recovery.
- Spin the boat clockwise through 180 degrees, paddling & backing alternately using full slide, taking no more than 5 strokes with each hand.
- Spin the boat anti-clockwise through 180 degrees, paddling & backing alternately using full slide, taking no more than 5 strokes with each hand
- Reverse paddle using full slide for 10 strokes to a stationary point (i.e. as though attaching to a stake boat).
- Balance the boat with the blades off the water for 10 seconds, moving or stationary.
- Paddle firm and on a shout from the examiner, execute an emergency stop, holding the boat in a straight line.
- Execute an emergency stop with a turn to bow side
- Execute an emergency stop with a turn to stroke side.
- Come into a landing and disembark unaided
- (Execute 2 consecutive passes upstream through the Queen Elizabeth & the Suspension Bridges on the correct side of the river – **if not tested in the Bronze Test**)



# Aberdeen Boat Club Sculling Proficiency Scheme



## EXAMINERS CHECKLIST FOR THE ABC SILVER AWARD

Name of Candidate .....

Test	Tick for Pass	Remarks
1. Boat handling off / on rack		
2 Embark / adjust		
3. Square blade – 5 strokes		
4. Spin 180 clockwise		
5. Spin 180 ant-clockwise		
6. Reverse paddle 10 strokes – full slides		
7. Balance boat 10sec - blades off water		
8. Emergency stop - straight		
9. Emergency stop - bowside		
10. Emergency - strokeside		
11. Disembark		
<i>(12. Bridges – 2 correct upstream passes)</i>		

Comments .....

.....

Name of Examiner (Block Capitals) .....

The candidate today passed all sections above.

Signature of Examiner .....

Date .....



# Aberdeen Boat Club Sculling Proficiency Scheme



## **3. ABC GOLD TEST**

- Candidates should scull a distance of 150km over a period of 3 consecutive months in a shell boat in a competent manner
- Candidates should keep a log, updating it after each outing and having it signed off for each entry by a responsible person.

## **EXAMINERS SHEET FOR THE ABC GOLD AWARD**

Name of Candidate .....

Comments .....

.....

Name of Examiner (Block Capitals) .....

The candidate has completed 150 km within 3 months

Signature of Examiner .....

Date .....



# Aberdeen Boat Club Sculling Proficiency Scheme



## ***ABC Gold Award Distance Log***

Name of Candidate .....

No	Date	Place	km today	Total to date	Witnessed by
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					





# Aberdeen Boat Club Sculling Proficiency Scheme



## ***ABC Gold Award Distance Log***

Name of Candidate .....

<b>No</b>	<b>Date</b>	<b>Place</b>	<b>km today</b>	<b>Total to date</b>	<b>Witnessed by</b>
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					