

Scottish Amateur Rowing Association

PROFICIENCY AWARD SCHEME

SCULLING

Name

Address

.....

Date of Birth

School / Club

PROFICIENCY AWARD SCHEME - SCULLING

The Scottish Amateur Rowing Association operates a Proficiency Award Scheme to encourage and develop sculling mainly among youth coming into the sport of rowing. To this end, cloth tracksuit badges are awarded to scullers who complete the different levels of award.

There are three levels of award -

Bronze

Silver

Gold

The Bronze level may be carried out in any type of sculling boat other than an Aquajog or playboat.

The Silver and Gold levels must be carried out in a shell boat.

The Bronze is designed to test the basic skills of sculling with a large element on safety. The silver is a complete test of watermanship while the Gold level is for the more experienced sculler and tests endurance

The awards are to be taken in the correct order and no level may be by-passed.

As a prerequisite, every candidate must complete a swimming test before starting with the Bronze award.

INSTRUCTIONS TO CANDIDATES

You should work through the 4 stages outlined in this booklet -

1. Swimming test
2. Bronze Award
3. Silver Award
4. Gold Award

At each stage the candidate should get the appropriate person to sign certifying that you have passed. Make sure that the examiner completes the appropriate page (Bronze, Silver or Gold) at the back of this book.

Then send or take this page, along with the fee to the nearest PAS co-ordinator for your area. These names are published by the SARA in their Newsletter from time to time.

INSTRUCTIONS TO COACHES

1. Encourage participation.
2. If a candidate does not meet the standard, provide coaching, advise on the practice required, and set another date for re-testing.
3. Keep the admin to the minimum. Use your local PAS co-ordinator.
4. Minimum level qualification for examiners is
PAS Bronze level – RIC
PAS Silver and Gold - Bronze level coach

1. SWIMMING TEST

Ask a responsible adult to act as an examiner (e.g. local pool lifeguard, teacher, scout leader, etc) and make arrangements to swim 100 metres in rowing kit i.e. tee-shirt + shorts + sox + tracksuit (top AND bottom) or equivalent.

Then ask him / her to complete the following details

Name of examiner (Block Capitals)

Position held

Name and Address of Swimming Pool

.....

I certify that

has successfully swum 100 metres in rowing kit.

Signed.

Date

2. BRONZE AWARD

Candidates must

1. Have completed the 100 m swimming test in full rowing kit (see page 3)
2. Demonstrate a working knowledge of the principal parts of the equipment used.
Boat:- riggers, gates, stretchers, shoes / clogs, heel restraints, front stops, back stops, slides, runners, seats, wheels, bow ball. Sculls:- button, sleeve.
3. With the aid of an assistant, be able to take the sculling boat from the boat rack and place safely in the water and, at the end of the session, be able to return the boat safely to the boat rack.
4. With the aid of an assistant, be able to embark and disembark competently and safely.
5. Explain in detail the safety procedures to avoid capsizing, and, in the event of a capsize.
6. Be able to scull a total distance of 1000 m, i.e. 500 up and 500 back.
7. Turn the sculling boat 180° in its own length.
8. Reverse paddle for 10 strokes.

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

EXAMINERS CHECKLIST FOR THE BRONZE AWARD

Name of Candidate

TEST	TICK for PASS	REMARKS
1. Swim test complete		
2 Working knowledge of equipment		
3. Boat handling on land		
4. Embarking/disembarking		
5. Safety knowledge		
6. Scull 500m + 500m		
7. Turn scull 180°		
8. Reverse paddle 10 strokes		

Comments

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Name of Examiner (Block Capitals)

Place of test

The candidate today passed all sections above.

Signature of Examiner

Date

Please also complete the “RETURNS CERTIFICATE – BRONZE” on page 11

3. SILVER AWARD

Candidates in a shell boat must -

1. Embark, adjust correctly and pull away from the landing stage unaided.

Note that the lifting the boat from the rack to the water does NOT form part of the PAS.

2. scull 10 consecutive strokes without sculls touching the water during the recovery,
3. spin the boat clockwise through 180° paddling and backing alternatively, taking no more than 5 strokes with each hand
4. take 5 consecutive strokes square blade paddling,
5. after 3 hard strokes, sit in the “strike” (or “hands away”) position for 10 seconds without touching the water with sculls,
6. spin the boat 180° in anticlockwise direction, taking no more than 5 strokes with each hand
7. back the boat down in a straight line and then stop the boat,
8. paddle firm and execute an emergency stop on a shout from the examiner,
9. execute an emergency stop with turn to bowside,
10. execute an emergency stop with turn to strokeside,
11. come into landing and disembark unaided

EXAMINERS CHECKLIST FOR THE SILVER AWARD

Name of Candidate

TEST	TICK for PASS	REMARKS
1. Embark		
2 Ten strokes without touching water		
3 Spin through 180° clockwise		
4. Square blade paddling		
5. Sit at strike		
6. Spin through 180° anticlockwise		
7. Back boat		
8. Emergency stop in straight line		
9. Emergency stop, turn to strokeside		
10. Emergency stop, turn to bowside		
11. Return and disembark		

Comments

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Name of Examiner (Block Capitals)

Place of test

The candidate today passed all sections above.

Signature of Examiner

Date

Please also complete the “RETURNS CERTIFICATE – SILVER” on page 12

GOLD AWARD

Candidates, over a period of 3 months should scull a total distance of 150 km.
This should be done a shell boat and in a competent manner.

Candidates should keep a log, updating it after each outing and at the same time getting a responsible official to sign off on each entry. Use the log on the next 2 pages.

A responsible official can be a coach, teacher in charge, or senior club official. While this need not be a qualified coach, the final approval must be signed by a qualified coach.

EXAMINERS SHEET FOR THE GOLD AWARD

Name of Candidate

Comments

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Name of Examiner (Block Capitals)

The candidate has completed 150 km within 3 months

Signature of Examiner

Date

Please also complete the “RETURNS CERTIFICATE – GOLD” on page 13

RETURNS CERTIFICATE - BRONZE

I certify that
(candidates name)

Address
.....
.....

Postcode

Club

has passed the Bronze Level PAS (Sculling)

Name of Examiner (capital letters)

Signature of Examiner

Date

The candidate or the examiner should send or hand this form along with the fee to the PAS Co-ordinator. The badge will be sent immediately to the successful candidate.

RETURNS CERTIFICATE - SILVER

I certify that
(candidates name)

Address
.....
.....

Postcode

Club

has passed the Silver Level PAS (Sculling)

Name of Examiner (capital letters)

Signature of Examiner

Date

The candidate or the examiner should send or hand this form along with the fee to the PAS Co-ordinator. The badge will be sent immediately to the successful candidate.

RETURNS CERTIFICATE - GOLD

I certify that
(candidates name)

Address
.....
.....

Postcode

Club

has passed the Gold Level PAS (Sculling)

Name of Examiner (capital letters)

Signature of Examiner

Date

The candidate or the examiner should send or hand this form along with the fee to the PAS Co-ordinator. The badge will be sent immediately to the successful candidate.