

Girl Guides Australia
Australian Learning and
Qualification Program

ROWING BASIC SKILLS TRAINING OUTLINE



GIRL GUIDES
AUSTRALIA

Rowing Basic Skills Training Outline

Rowing Basic Skills Training should be appropriate for the learners, considering the boats available and the local conditions. Outdoor trainers can develop their own programs according to boats, conditions and environments in their state. Module activities completed at training can also be signed off in the module.

Rowing Basic Skills Training should include the following as appropriate:

- Being Safe
 - Boating and other related rules from *Guide Lines*
<https://www.guidelinesforgirlguides.org.au/>
 - Activity Manual and instructors
 - Forms including Risk Management plans
 - General rowing safety – clothing, shipping, environment, signalling and communication
 - International Rules for Prevention of Collision at Sea (Rules for safe boating)
 - First aid
 - Weather conditions and tides
 - Water grades
 - Maps and Navigation
 - Rescues
- Equipment
 - Personal equipment –first aid, repair kit, safety equipment, food, water etc
 - Clothing – sun protection, sunglasses, rain protection, warmth, footwear etc
 - Handling boats – eg loading, unloading, carrying
 - Selecting boats
 - Selecting an oar
 - Lifejackets
 - Stowing equipment into boats
 - Minor maintenance and repairs
 - Cleaning and stowing after use
 - Parts of the boat and rowing terminology
- Rowing Skills
 - Embarking, launching, disembarking
 - Pull an oar as a member of a crew – getting underway, turning, backing, bringing alongside,
 - How to stop quickly
 - Capsizing safely and being rescued
 - Making fast
 - Holding water
 - Rowing single handed
 - Command the boat as coxswain where applicable
 - Demonstrate use of rudder or sweep where applicable
 - Anchoring and mooring
 - Man overboard
 - Use of whistle signals and rowing commands

- Knots and their uses
 - Reef Knot
 - Clove Hitch
 - Round Turn and Two Half Hitches
 - Sheet Bend
 - Bowline
 - Figure of Eight
 - Fisherman's Knot
 - Truckies' Hitch
 - Strap tie-downs

- Environmental Management
 - Leave no Trace <http://www.lnt.org.au/>
 - Minimum impact practices including rubbish and other pollutants, toileting, disturbing flora and fauna, beach and dune care

At subsequent training courses where the participant returns for further experience prior to conducting her own activity for assessment, the trainers may include the following:

When you are conducting the activity

- Awareness of individual and group responsibilities
- Monitoring and managing the group – health, morale, keeping together, pace of the slowest
- Incorporating the AGP - consulting participants and keeping them actively involved, using patrol system, incorporating the recognition system
- Games and activities to build confidence, teach skills, practice skills
- Manage rescues
- Trailer safety – loading and unloading boats, hitching it to vehicle, towing