

Maidenhead Rowing Club

Gold Standard Rowing - Boat Handling Criteria

To be completed either in 1x, 2x or 2-

1. Over a period of 3 months, cover a distance of 150km in a safe and competent manner. The flow should be above 40 m/s for 50% of the distance and above 60m/s for the remainder.
2. Explain in detail the safety procedures to avoid capsizing and what to do in the event of a capsize. Undertake a club capsize drill and swim test.
3. Be fully aware of how to undertake a risk assessment for fast stream and temperature levels and know where to find this information and updates to conditions online.
4. Demonstrate the 'safe position' (legs flat. Hands away, handles together)
5. Demonstrate 360 degree turn in both clockwise and anticlockwise directions.
6. Back down 10 strokes in a straight line and then stop.
7. Complete an emergency stop whilst paddling full pressure upon shout from the assessor.
8. Demonstrate knowledge of circulation pattern and when not to go above A4 road bridge.

Gold Standard assessors are – Dylan Gomersall, Jim Hotchin, David Harrand, Nick Steel, Amaia Parcell-Arregi, Fred Smallbone, Laura Lion, Sue Harker, and Keith Abbott. Both assessor and squad captain approval required to 'grandfather' existing club member to Gold Standard level.

Assessor discretion is permitted when considering whether club alumni return to MRC to row.

A record of who has achieved the Gold Standard will be kept in Fit Club.