

INSTRUCTOR NAME: _____ QUARTER: _____ DATE: _____

STUDENT NAME: _____ **PASS** **PLAN OF IMPROVEMENT**

In order to pass Intro to Sculling, you must demonstrate abilities in all of the following areas:

- Attendance of each day of class with punctuality**
- Abides by all MAC Facility Rules**
 - Proper equipment check out/check in with front office
 - Proper equipment handling and care
 - Respectful demeanor
- Scoring 80% or higher on a 30-question multiple choice test based on the Rowing Manual, including questions on parts of boat, basic rules of the road, general MDR geography, safety, rowing techniques and terminology, etc**
- Proper Rigging and Derigging of boats**
 - Ability to properly: place stern plug, set oars, adjust foot stretchers, and reattach seat to tracks
 - Can rig and de-rig vessel without assistance from instructors
 - Puts all equipment away properly
- Successfully complete capsized recovery in Maas Aero single and able to board the boat from the water**
- Ability to safely execute the following sculling maneuvers:**
 - 360* Turn**
 - Stabilize boat by feathering oar on the side of the direction boat should turn.
 - Uses other oar to take small arms only/arms and body strokes until turn is complete.
 - Maintains control and stability
 - Looks before turning and is aware of surroundings
 - Holding Water**
 - Stops boat by dragging partially squared oar blades against water
 - Looks before stopping and is aware of surroundings
 - Backing**
 - Uses arms only
 - Starts with body in the safety position and oars squared in the water
 - Follows correct progression: pushes hands away from body, feathers oars when returning to start position, re-squares blade(s) and repeats
 - Stabilize boat or "set"**
 - Proper adjustment of height/position of oar handles throughout stroke
 - Understanding of safety position
 - Understanding of stroke progression from finish to catch and vice versa
 - Launching**
 - Points bow in correct direction, correctly entering marina traffic pattern.
 - Gets on/off or in/out of a the boat independently or with a reasonable amount of assistance
 - Demonstrates control when entering boat, while also managing oar handles
 - Checks for oncoming traffic
 - Leans away slightly to effectively push off the dock
 - Docking**
 - Appropriately determines where and when it is safest to dock
 - Approaches dock slowly and in control from the west/southwest direction
 - Slows boat parallel to the dock
 - Safely exits boat
 - Altering Course and Navigating Buoys**
 - Can steer towards a selected point in a relatively straight line
 - Adjusts port or starboard pressure when changing course Looks over shoulder every 10 strokes to check course Follows counterclockwise traffic pattern
 - Avoids collision
 - Follows directions of Instructor/TAs and maintains calm demeanor**
 - Reacts appropriately and quickly to outside influences
 - Demonstrates awareness of other vessels and individuals on the water

Comments (continued on back if needed): _____

Additional Comments: _____

Next Steps after taking Intro to Sculling:

➤ **If you passed the class:**

You are now eligible to rent either a Maas Aero in up to 8 knots of wind! Please visit recreation.ucla.edu/mac for current rental hours and information.

➤ **If you received a Plan of Improvement:**

You are not yet ready to rent a Maas Aero on your own, but there are a few options to continue your sculling education. Based on your ability to complete the course expectations (outlined on front of this sheet) and with instructor recommendation, you can decide which option works for you.

1. Private or Semi-Private Lessons: If you are deficient in one area, need more practice with certain maneuvers, or would benefit from individualized instruction, please contact the MAC office to schedule a private lesson. We recommend a minimum of 1.5 hours, but cannot guarantee that you will be able to complete all course requirements in that time.
2. Retake Intro to Sculling with a 50% discount: If you feel that you would benefit from additional class time and repeat instruction, you are eligible to retake the weekend course at 50% off.
3. If need to retake the written exam only: Please schedule a time with the MAC office to retake the test and have it graded.
4. If you need to complete capsized recovery only: You will need to coordinate with the MAC office to arrange a weekday or weekend where you will join in with another Intro to Sculling class to complete the capsized recovery drill.

***MAC Office Contact Information: Please call 310.823.0048 or send an email to mac@recreation.ucla.edu**