



# RCA

# SKILLS EVENT

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# TABLE OF CONTENTS

A. Background .....	2
B. Purpose of the RCA Skills Event .....	2
C. How/when to use a Skills Event .....	3
D. Running a Skills Event.....	4
E. Skill Categories.....	7
F. General Coaching Tips .....	8
Glossary.....	9

## **A. BACKGROUND**

For many athletes (and coaches) competition provides the motivation to train, to work for improvement, and to develop and practice specific skills. It allows athletes (and coaches) to gauge improvement and adjust training accordingly. And competition is fun.

One of the key recommendations of the Competition Review completed by Rowing Canada Aviron (2007) was that the type of competition at each stage of development should reflect and reinforce the objectives for that stage.

The primary technical objectives for the Learning to Train (L2T) stage are:

- 1) to build water sense and basic boathandling skills and
- 2) to develop fundamental rowing skills.

These technical objectives apply to ANY rower at an early stage of technical development, regardless of their physiological development, age or competitive experience in other sports.

Basic boathandling skills and rowing technique are fundamental to safe, enjoyable and injury-free rowing. They are also the foundation for safe, competent and meaningful racing in sanctioned regattas. Furthermore, fundamental rowing skills are the building blocks for more advanced technical skills as an athlete progresses to racing at the club, provincial, national and international level.

Competence and confidence in basic boathandling and rowing technique can make the difference between a race experience that is fun and rewarding and one that is frustrating and demoralizing. If we want rowers to be competent in basic boathandling, rowing technique and safety, it follows that there should be competitions at the L2T stage that test and reward these skills, and motivate athletes and coaches to practice them.

## **B. PURPOSE OF THE RCA SKILLS EVENT**

- to motivate athletes (and coaches/instructors) to master and practice the basic boathandling, rowing technique and safety skills required for safe, enjoyable, and injury free rowing;
- to provide novice and L2T rowers with a meaningful competitive opportunity that is suited to their skill level and stage of development;
- to ensure that athletes have mastered the technical skills required to race safely and with confidence in sanctioned regattas;
- FUN!

In addition to these objectives, the RCA Skills Event was designed:

- to be flexible, so that it can be adapted to a variety of rowing facilities, bodies of water and equipment, and to crews at a range of skill levels;
- to be suitable for both able-bodied rowers and those with a disability;
- to be consistent with the RCA Learn to Row (LTR) Instructors Workshop and suitable for Learn to Row participants.

The Learning to Train stage is a key marker in the Long-term Athlete Development Model whereby at the end of this stage, the new rower should be Yrowing literateΦ and can begin to determine his/her future in rowing on a competitive athlete or as an individual participating for fitness and fun.

## **C. HOW/WHEN TO USE A SKILLS EVENT**

The Skills Event can be used in a variety of ways:

- at the end of a LTR or similar introductory program: to test mastery of basic rowing and boathandling skills and readiness to row independently;
- as part of recreational program: for fun and variety, to encourage continued skill development and to provide a focus for athletes and coaches;
- as part of a L2T (or novice program): to encourage athletes (and coaches) to work on basic skills, to test mastery of basic skills, to assess readiness to race in sanctioned regattas, to provide fun and variety in training;
- at "fun" club regattas;
- integrated into training for any stage: for fun and variety, and as a 'tune-up' on the basic skills;
- as a Novice/L2T event at sanctioned regattas;
- individual obstacles can be integrated into training at any stage.

The Skills Event and Obstacles outlined in this document provide a starting point.

Coaches/instructors are encouraged to tailor the Skills Event and Obstacles to fit their facilities, equipment, training objectives and rowers. If you are working on steering, integrate the Figure 8, Wide turn or Slalom into a workout, or run a specific "Steering Competition". Come up with new Obstacles to test and reinforce skills you are working on. Challenge skilled rowers by tightening the spacing between Obstacles, or locating them in windy or choppy stretches of water.

When the Skills Event is used as part of a formal competition (that is, as an event at a regatta), it is important that the participants understand in advance how it will be set up, run and scored. The Instructions and Scoring for each Obstacle were designed with this use in mind.

## **D. RUNNING A SKILLS EVENT**

### ***Format***

#### **a) Basic Skills Event**

Crews negotiate a series of Obstacles in a specified sequence. Instructions for how to negotiate each Obstacle, the sequence and scoring criteria are provided to athletes on land before the start. They are then given a defined amount of time to discuss their strategy. The course should consist of 4-6 Obstacles, with at least 1 from each of the 3 main skill categories (Boathandling, Rowing Technique, Safety).

Coaches/instructors are encouraged to adapt the Skills Event (including set up and scoring) to suit the skill level of rowers, weather and water conditions, and the objective of the event. Here are some options for how it could be run:

1. One crew on course at a time: next crew starts when the preceding crew crosses the finish line. This would suit a small course where Obstacles are close together or when there is wind or current.
2. Crews start at intervals: next crew starts after a set (timed) interval or when the preceding crew completes a predetermined obstacle.
3. Crews rotate between Obstacles: several crews start at once, each crew starting at a different obstacle. Crews move to the next Obstacle on the official's or coach's signal.

#### **b) Timed Skills Event**

Crews are timed, with one crew on course at a time or with crews starting at intervals (when preceding crew has cleared a predetermined Obstacle). Timing the Skills Event increases the level of difficulty and the emphasis on boatmoving skills and physical abilities. Timed Skills Events are suited to rowers who have mastered the Basic (untimed) event and/or are late in the Learning to Train stage of development. This could also be used for rowers in the Training to Train stage.

### ***Selecting Obstacles***

- Choose 4-6 Obstacles, with at least 1 from each of the 3 main skill categories (Boathandling, Rowing Technique, Safety).
- Choose Obstacles that test a range of skills.
- Consider:

- the competence/skill level of rowers;
- wind, weather and water conditions. For example, avoid doing the Stork Stand in cold weather or windy, choppy conditions;
- the objectives of the skill competition. For example, do you want athletes to experience success and gain confidence? Do you want to ensure that athletes have mastered the skills required to row independently? Do you want to rank competitors, that is, do results matter?

## **Set up**

- Keep the distances short so that the focus is on the skills not physiological ability.
- Set up clear Start and Finish lines.
- Consider safety, wind and water conditions when selecting Obstacles and deciding where to place them. For example, select a calm spot for the Stork Stand.
- Skills competitions are fun to watch - set up the course to allow good viewing.
- Set up the course to allow athletes to demonstrate their planning, communication and problem-solving skills. For example, the approach (direction, boat speed) to a turn will determine how well it is executed.
- Use sculling boats (1x, 2x, 4x) where possible. Small boats (1x, 2x) are more maneuverable and better test the an individual's boat handling skills; whereas crew boats (4x, 4-, 8+) are a good test of communication, leadership and teamwork.

A competition can be made more challenging by:

- altering the spacing for each Obstacle;
- choosing more challenging Obstacles or "advanced" versions of an Obstacle;
- setting up the Obstacles in a more challenging sequence;
- requiring athletes/crews to demonstrate specified "required elements" (either anywhere during the course or at specified spots); and
- timing all or part of the course.

## **Instructions to Crews**

- Post a "Course Map" showing the Start and Finish lines, the location of each Obstacle and the sequence in which to complete them.
- Provide crews with a description of each Obstacle and how it will be scored. Note any adjustments to scoring (for example, whether bonus points will be awarded, the length of time they will be required to sit in the "starting gates" for the "Start and Emergency Stop").

- Provide time for athletes to ask questions for clarification and to allow them to develop their strategy for each Obstacle.
- Crews could also be allowed to row on the course to inspect the obstacles and layout, without actually practicing the obstacles themselves.
- Provide clear instructions on WHAT to do, but let the athletes decide HOW to do it. Provide time on land for athletes to ask questions for clarification and to develop and discuss their 'plan'.
- Adjust the level of direction to the experience level of the athletes. For example, novice rowers may need more guidance, both on and off the water, than experienced rowers.

## **Scoring**

The scoring system for each Obstacle is designed:

- to be simple, clear, easy to apply consistently and as objective as possible. For example, in the Slalom, athletes/crews are scored by whether they miss a buoy or stop rowing. There is no direct judging of bladework or steering, though both are skills that contribute to successful execution of the Slalom.
- so that it can be applied to a range of skill levels and to encourage a progression in skills. For example, coaches may choose not to use bonus points in a Skill Event for novice athletes/crews.

Each Obstacle is given a starting number of "Base Points". Bonus points are added or deductions are made according to the criteria on the Scoring Sheet. The lowest score possible for any Obstacle is 0. For some Obstacles there is a Maximum possible score.

For each Obstacle, the coach or umpire may award up to 5 points at their discretion, for "Overall Execution". The criteria used in awarding these discretionary points are listed on the Scoring Sheet.

Coaches are encouraged to customize the scoring to the ability and experience of the athletes and the objectives of the event. For example, at the end of a short Learn to Row session, coaches may choose to use a simple "Complete/Did Not Complete" score. As part of a regatta where "results matter", we encourage organizers to use the scoring system outlined here, to provide consistency and clarity. For "fun" events, scoring could emphasize fun - for example, awarding bonus points for the most spectacular or unusual Stork Stand.

What is critical is that the objectives of the Skill Event must be clear to the athletes and the scoring must be consistent with the objectives.

The scoring can also be adapted to suit the wind and water conditions. For example, in windy conditions, the umpires or coaches can adjust the allowed distance between the

boat and the turning buoy in "Turn on a Dime" or the amount of time crews hold the boat aligned at the "Start and Emergency Stop".

*Examples of Scoring Options:*

- Level 1: No scoring - focus is on completing the obstacles and having fun
- Level 2: Basic scoring - no bonus points awarded
- Level 3: Basic scoring + bonus points some or all Obstacles. Could also include a maximum allowable time for each obstacle and/or full course.

## **E. SKILL CATEGORIES**

### ***Skill Category 1 Boat handling***

The following boathandling skills are required to row independently with safety and confidence and to compete competently and safely in sanctioned regattas.

1. Turning: wide turn (90°), sharp turn (180°), spin turn (360°), to port and starboard
2. Backing: straight line, backing into gates
3. Steering: align boat/set course, row in straight line, course correction (to port and starboard)
4. Stopping: emergency stop, glide stop, stop from rowing, stop from backing

### ***Skill Category 2 Safety (for rower and equipment)***

In addition to basic competence in boathandling, rowing safely involves:

- recognizing when the equipment is unsafe to row and/or will be damaged if it is rowed;
- the ability to judge boat speed;
- awareness of surroundings, including flow pattern, location of obstacles and other boats;
- the ability to read and respond to weather and water conditions.

### ***Skill Category 3 Rowing Technique***

Basic elements of rowing technique provide the foundation for injury free, enjoyable and safe rowing, and good boat moving/boat speed. These basic rowing skills include:

1. Balance
2. Rhythm/efficiency

3. Power application
4. Blade control
5. Timing

### ***Communication/Teamwork***

All the obstacles require crews to demonstrate planning, communication and leadership skills, all of which are critical to safe, enjoyable rowing and competent racing in sanctioned regattas.

## **F. GENERAL COACHING TIPS**

- Encourage athletes to practice skills and obstacles in a variety of water and wind conditions, including head winds, tail winds, cross winds, choppy water.
- Help athletes understand how pressure and boat run contribute to balance.
- Help athletes understand which crew position is most effective for turning the bow versus the stern.
- Remind athletes that boat speed can compromise maneuverability, but it can also assist with balance, particularly in windy, choppy conditions. Large boats will have more momentum than small boats and will therefore take longer to turn or stop.
- Encourage athletes to think through (in advance) how they are going to approach and execute each Obstacle.
- Remind athletes to be aware of the relative blade pressures on port and starboard and how this affects their course. For some obstacles, equal blade pressure is important; for others, athletes will need to vary the pressure on one side versus the other.

Additional coaching tips, including the relevance of each Obstacle, are included on each Obstacle card.

## GLOSSARY

**Skill Category:** the broad class of skills, specifically Boathandling, Safety, Rowing Technique, Teamwork.

**Skill:** the specific skill that is demonstrated or tested by an Obstacle, e.g., turning, steering, stopping, balance, blade control, spatial awareness, planning.

Most skills, and in particular those in the Boathandling category, are a composite of a number of skills, often in different categories. For example, the skill of Turning incorporates blade control and balance (Rowing Technique), spatial awareness and judging boat speed (Safety), and communication and planning (Teamwork).

**Obstacle:** the specific maneuver used to test or demonstrate skills. Most Obstacles test a number of skills.

**Course:** the sequence of Obstacles, including the start and finish lines.

**Leadership:** refers to the ability of crew member(s) to direct the crew in planning and executing the Obstacles, and includes soliciting input from other crew members and helping the crew reach a decision.

**Communication:** refers to a crew's ability to issue and respond to commands in order to ensure that an obstacle is completed safely and correctly. Effective communication includes knowing when to talk and when to listen, providing clear, audible commands, and responding to the commands.

**Planning:** the ability to work out how best to approach and complete each obstacle.

**Balance:** (to be added)

**Rhythm/efficiency:** (to be added)

**Power application:** (to be added)

**Blade control:** (to be added)

**Timing:** (to be added)

**Relaxation:** (to be added)

**Spatial Awareness:** knowing where the boat is in relation to other boats, obstacles, shoreline, etc, and the ability to judge whether it is moving in a straight line and in the desired direction.

**Judging Boat Speed:** the ability to judge how fast the boat is going and how boat speed affects (positively or negatively) the ability to complete an obstacle safely. The ability to judge boat speed is important in executing turns efficiently, stopping safely and where you want, and avoiding obstacles.

**Awareness of Environment:** the ability to read and respond to environmental conditions including wind, water, the effects of shoreline on both, and other boats or obstacles. It includes the ability to predict or read changing conditions and understand how they will affect the boat.

**Equipment Safety:** recognizing when a boat can be rowed without damage to the boat or injury to the crew.

**Emergency stop:** stopping a boat quickly and safely upon a command, typically in a straight line. The ability to do a quick, straight emergency stop is critical to avoiding collisions (with obstacles or other boats). Crews must be able to respond quickly, correctly, and without hesitation to commands from outside or inside the boat.

**Lock on:** In sanctioned regattas, crews are "locked on" to the start when the stern of the boat is grasped by a boatholder (if there is one) or is still and aligned.

**Synchronized:** refers to the crew rowing with blades and bodies in time. When a crew is synchronized their bodies and blades will not be hitting each other.

**Square blade:** the blade must be vertical or near vertical for the full stroke.

**Everyone stopping:** when the blades and/or bodies of all crew members are no longer moving the boat.

**Full Stop:** the boat is stationary in the water (some drift may be allowed depending on wind, water conditions).

OBSTACLE: <b>Wide Turn</b>	
SKILLS REQUIRED	
Boat Handling	X Turning
	Backing
	X Steering
	Stopping
X Relaxation	
Safety	X Spatial awareness
	X Judging boat speed
	X Awareness of environment
	Equipment
Technique	X Balance
	X Rhythm / efficiency
	X Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

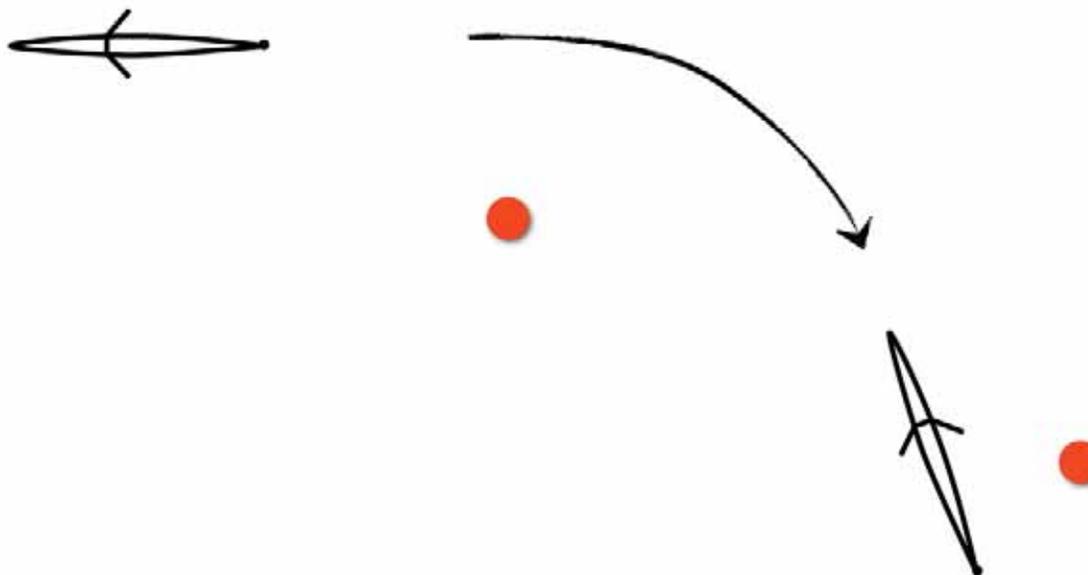
Crew makes a 60 degree continuous turn around a buoy in a designated direction. Typically this would be used as a connecting element between 2 other obstacles. Buoy (A) and Buoy (B) must pass on opposite sides of the boat

**Equipment Needed:** What is required to set up the Obstacle

2 buoys

**Set up:**

Place 1 buoy as needed on course. Place second buoy at finish of turn, so that crew is aligned for the next obstacle. Placement of these 2 buoys will determine the angle of the turn.



## Scoring

**Overview:** Details of how scoring should be set up

**Base points:** 30    **Minimum points :**

Deductions			Bonus points		
Miss buoy or boat goes on wrong side of buoy	10 point		Continuous turn	5 points	
All rowers stop rowing	10 point				
Touch buoy	5 points				
Hold water	2 points				
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					

## Coaching Tips

Relevance	Simulates wide turns made during head races. Emphasizes turning efficiently while maintaining boat speed.
Execution	Anticipate turn, taking into account boat's momentum.
	One or more athletes can take "air shots" on one side, provided they keep rowing.
	Remind crews of turning advantage of bow seat.
	Can use adjustments in timing and blade pressure to execute turn.

OBSTACLE: <b>Stork Stand</b>	
SKILLS REQUIRED	
<b>Boat Handling</b>	Turning
	Backing
	Steering
	Stopping
	X Relaxation
<b>Safety</b>	Spatial awareness
	Judging boat speed
	Awareness of environment
	Equipment
<b>Technique</b>	X Balance
	Rhythm / efficiency
	Power Application
	Blade control
	Timing
<b>Communication/ Teamwork</b>	Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

Once boat is at a complete stop, one or more members of the crew stands up and remains standing for designated amount of time. Obstacle starts when crew is ready, and finishes when last person has sat down safely.

**Equipment Needed:** What is required to set up the Obstacle

Stop watch. Clear sheltered space.

**Set up:**

Place the obstacle in an area clear of other obstacles and protected from the wind.

## Scoring

Overview: Details of how scoring should be set up

Each scoring position must be maintained for 5 seconds. \* time may be adjusted depending on conditions. Standing up = legs straight.

Base Points: 0    Maximum of 30 points

Deductions			Bonus points		
			Each person stands up individually	5 points	
			Multiple people standing at once	5 points / person	
			Standing on one foot	2 points / person	
			No hands	5 points / person	
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					

## Coaching Tips

Relevance	Emphasizes balance and relaxation, and builds confidence.
Execution	Have athletes consider how they are going to hold their oar handles.
	Consider what will create the most stable platform.

OBSTACLE: <b>Start and E Stop</b>	
SKILLS REQUIRED	
Boat Handling	Turning
	Backing
	X Steering
	X Stopping
	Relaxation
Safety	X Spatial awareness
	X Judging boat speed
	Awareness of environment
	Equipment
Technique	X Balance
	Rhythm / efficiency
	X Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

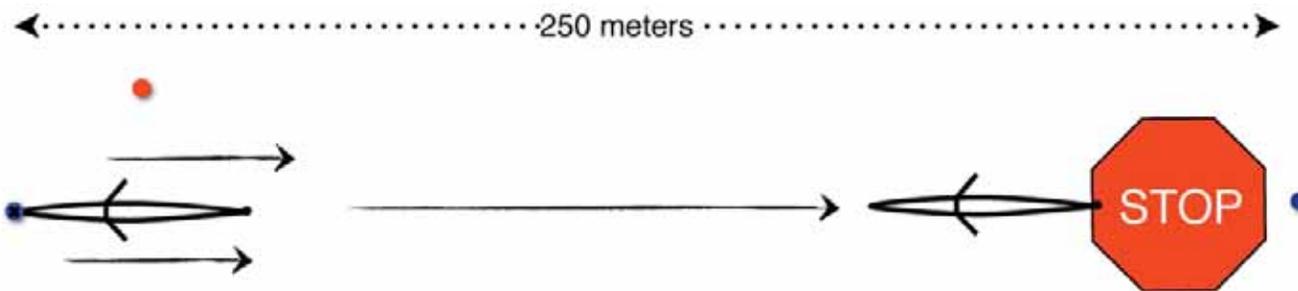
Can be linked to "Back and Lock on" Obstacle\*  
 Crew sits with stern touching a buoy. Boat is still and under control. On umpire's or coach's command (flag and verbal command or horn), crew performs race start. After approximately 15 strokes, on coach's or umpire's command, the crew performs an emergency stop.  
 Obstacle starts when umpire / coach begins starting procedure and is finished when boat is at a complete stop

**Equipment Needed:** What is required to set up the Obstacle

Two buoys. Stop watch. Flag or horn (if equipment from YBack and Lock onΦ, one additional buoy is needed)

**Set up:**

As per back and lock on. Place additional buoy 250 + Meters away from and in line with start buoy.  
 Place 2 buoy 150+ meters apart, in direction of travel to next obstacle.



<b>Scoring</b>					
<b>Overview:</b> Details of how scoring should be set up					
<b>Base points: 30</b> Minimum points: 0					
<b>Deductions</b>			<b>Bonus points</b>		
Hull is more than 3 meters off centre line buoy before emergency stop begins	5 points		Crew is straight and aligned with blades buried.	5 points	
Complete stop takes more than 5 seconds	5 points		Hull is less than 1 meters off centre line before emergency stop begins.	5 points	
Boat turns more than 15 degrees on axis during stop	5 points				
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					
<b>Coaching Tips</b>					
Relevance	Simulates Race Start (holding boat aligned and still in start position, responding to Starter's commands, executing race start, holding a straight line) and Emergency stop (to avoid a collision with another boat or obstacle), including responding promptly to Umpire's commands				
Execution	Speed and pressure off the Start should be appropriate to athletes' skill level				
	"Stop" command will be issued at a random time after the 15 strokes are completed, at Umpire's discretion.				
	Wording of the "Stop" command is at the Umpire's discretion, but should be similar to that used in a race.				

OBSTACLE: <b>Slalom</b>	
SKILLS REQUIRED	
Boat Handling	Turning
	Backing
	X Steering
	X Stopping
X Relaxation	
Safety	X Spatial awareness
	X Judging boat speed
	X Awareness of environment
	Equipment
Technique	X Balance
	Rhythm / efficiency
	X Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

Crews weave through the buoys from a defined start to a defined finish location. Crews should not touch buoys with boat or blade.

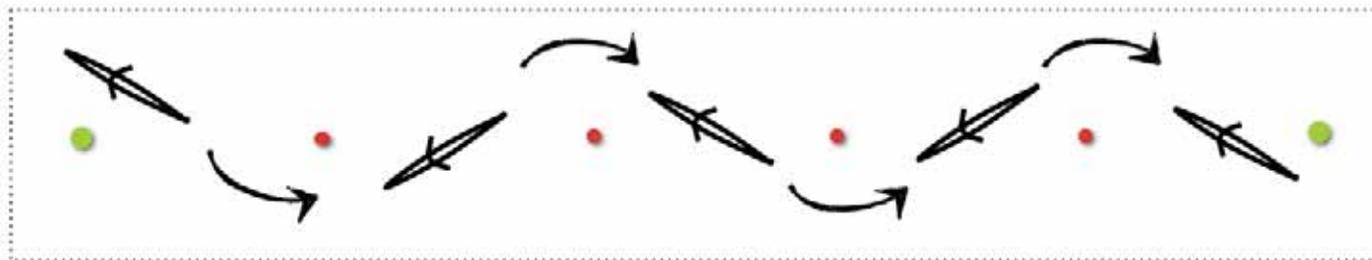
Obstacle starts when bow passes the first buoy (A) and is finished when stern passes the last buoy (B).

**Equipment Needed:** What is required to set up the Obstacle

6-8 buoys. Two must be of a different colour to mark the start and finish. (buoys should be less than 6 inches in diameter, to ensure they can pass under rigger easily)

**Set up:**

Buoys are placed in a straight line approximately 3-4 boat lengths apart



<b>Scoring</b>					
<b>Overview:</b> Details of how scoring should be set up					
<b>Base points:</b> 30 <b>Minimum points :</b> 0					
<b>Deductions</b>			<b>Bonus points</b>		
Miss a buoy	10 points / buoy		Buoy passes within 0.5 meter of rigger.	1 point / buoy	
Everyone stops rowing	5 points / time		Buoy runs under rigger (without touching it)	2 points / buoy	
			Rowing course square blade	Up to 10 points for completion	
			Everyone rows whole course	5 points for completion	
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					

<b>Coaching Tips</b>	
Relevance	Emphasizes minor course corrections and steering adjustments used when rowing on a relatively straight course and/or in a group of boats.
Execution	Encourage crews to make minor, subtle course corrections, rather than wide turns
	Take into account boat's momentum in making turns, that is, anticipate course corrections.
	Focus on blade pressure and timing. Crews should understand steering advantage of bow seat.

OBSTACLE: <b>Buoy touch</b>	
SKILLS REQUIRED	
Boat Handling	X Turning
	X Backing
	X Steering
	X Stopping X Relaxation
Safety	X Spatial awareness
	X Judging boat speed
	X Awareness of environment Equipment
Technique	X Balance
	X Rhythm / efficiency
	Power Application
	Blade control
	Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

Each athlete must touch an equal number of buoys and each buoy must be touched once. Athletes may be asked to remove a flag or object from the buoy. The boat, rigger, or blades may not touch the buoy until after the athlete has touched it (see score sheet)

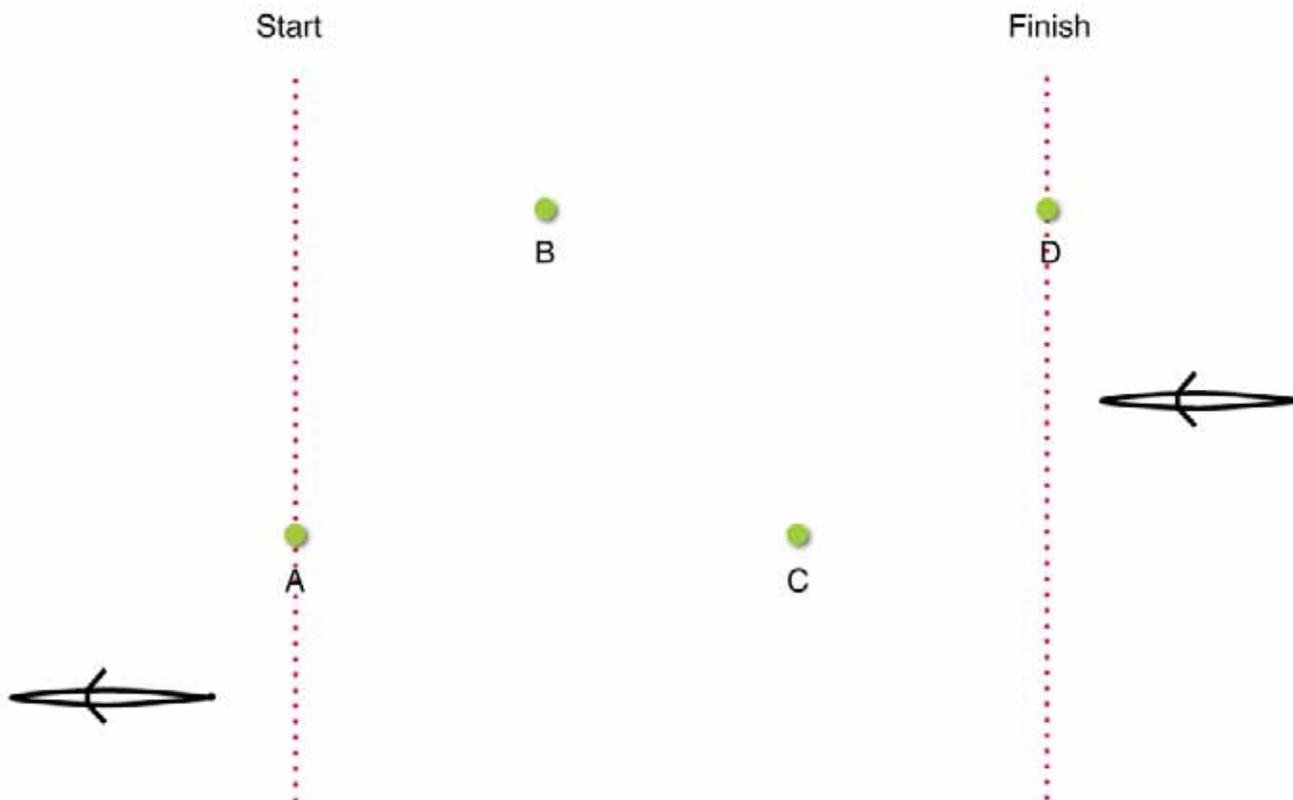
Obstacle starts when bow passes the first buoy (A) and is finished when stern passes the last buoy (B). Crew can choose where to enter and exit Obstacle.

**Equipment Needed:** What is required to set up the Obstacle

4 buoys. If possible a flag or object placed on the top of each buoy.

**Set up:**

Place 4 buoys staggered in the shape of a parallelogram. Each buoy should be placed approximately 1.5 boat lengths apart from A to B and C to D, and approximately 2 boat lengths apart from A to C and B to D.



<b>Scoring</b>					
<b>Overview:</b> Details of how scoring should be set up					
* Missing a buoy means one buoy not touched or one athlete not touching a buoy.					
<b>Base points:</b> 30 <b>Minimum points :</b> 0					
Deductions			Bonus points		
Miss a buoy*	10 points		Buoy does not touch boat, rigger or blade after athlete has touched it.	5 points / buoy	
Multiple attempts	1 point / attempt				
Buoy touching boat, rigger or blade before the athlete touches it. **	5 points				
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum score = 0					

<b>Coaching Tips</b>	
<b>Relevance</b>	Requires athletes to demonstrate a variety of boat maneuvering skills, such as those involved in docking, lining up, retrieving objects. Requires athletes to predict and judge boat response and to adjust actions quickly and efficiently. Also emphasizes balance.
<b>Execution</b>	** Touching buoy with boat, rigger or blade after athlete has touched the buoy is acceptable
	Crews need to give clear commands and listen carefully. Crew should decide who should give commands (this could vary for each buoy).

OBSTACLE: <b>Glide</b>	
SKILLS REQUIRED	
Boat Handling	Turning
	Backing
	Steering
	Stopping Relaxation
Safety	X Spatial awareness
	Judging boat speed
	Awareness of environment
	Equipment
Technique	X Balance
	Rhythm / efficiency
	Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

Crew approaches the start buoy and glides as long as they can with all blades off the water (measured in time). Crews can make 2 attempts, with longest attempt being counted.

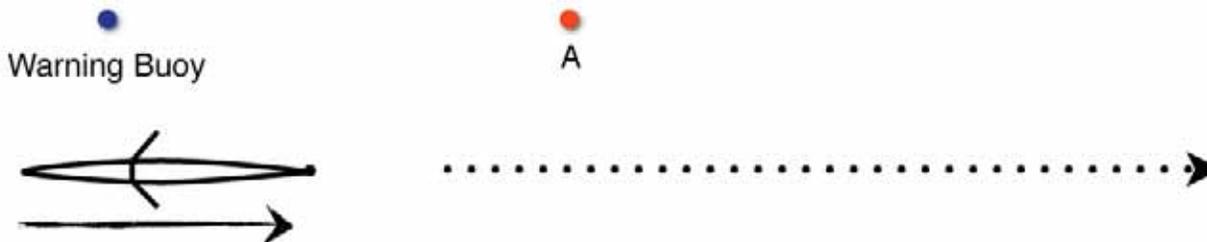
Obstacle starts when bow passes start buoy (A) and all blades are off the water. Timing of attempt stops when one or more blades touches the water. Crew may then make a second attempt, taking up to 3 strokes before the second attempt.

**Equipment Needed:** What is required to set up the Obstacle

Two buoys different colour. Stop watch.

**Set up:**

Place 2 buoys 20 meters to one boat length apart. The first buoy signals to the crew that they are approaching the obstacle. The second buoy is the start buoy. Ensure there is enough distance between this obstacle and the previous obstacle allows crews to get boat up to speed.



## Scoring

**Overview:** Details of how scoring should be set up

**Base points:** 30    **Minimum points :** 0

Deductions			Bonus points		
Crew takes more than one 1 catch after bow passes the Start buoy before gliding.	5 points		* Every 3 seconds of glide	5 points (max of 30 point)	
			* 3 or more second on the square	10 points	
			Alternating square and feather	2 points each square and back	
Total Deductions			Total Bonus		

Final Obstacle Score = Base - Deduction total + Bonus total  
Minimum Score = 0

\* Suggested time. Can be adjusted by Umpire before the start of the Skills Event based on skill level of crews and wind/water conditions.

## Coaching Tips

Relevance	Emphasizes balance, relaxation, timing and blade control
Execution	Good boat speed (power application, solid pressure) will allow for longer balanced glide
	Crew needs to decide on and communicate "glide" position and start of glide
	Focus on even weight on seat, feet and blades

OBSTACLE: <b>Turn on a dime</b>	
SKILLS REQUIRED	
Boat Handling	X Turning
	Backing
	Steering
	Stopping
	X Relaxation
Safety	X Spatial awareness
	Judging boat speed
	X Awareness of environment
	Equipment
Technique	X Balance
	Rhythm / efficiency
	Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

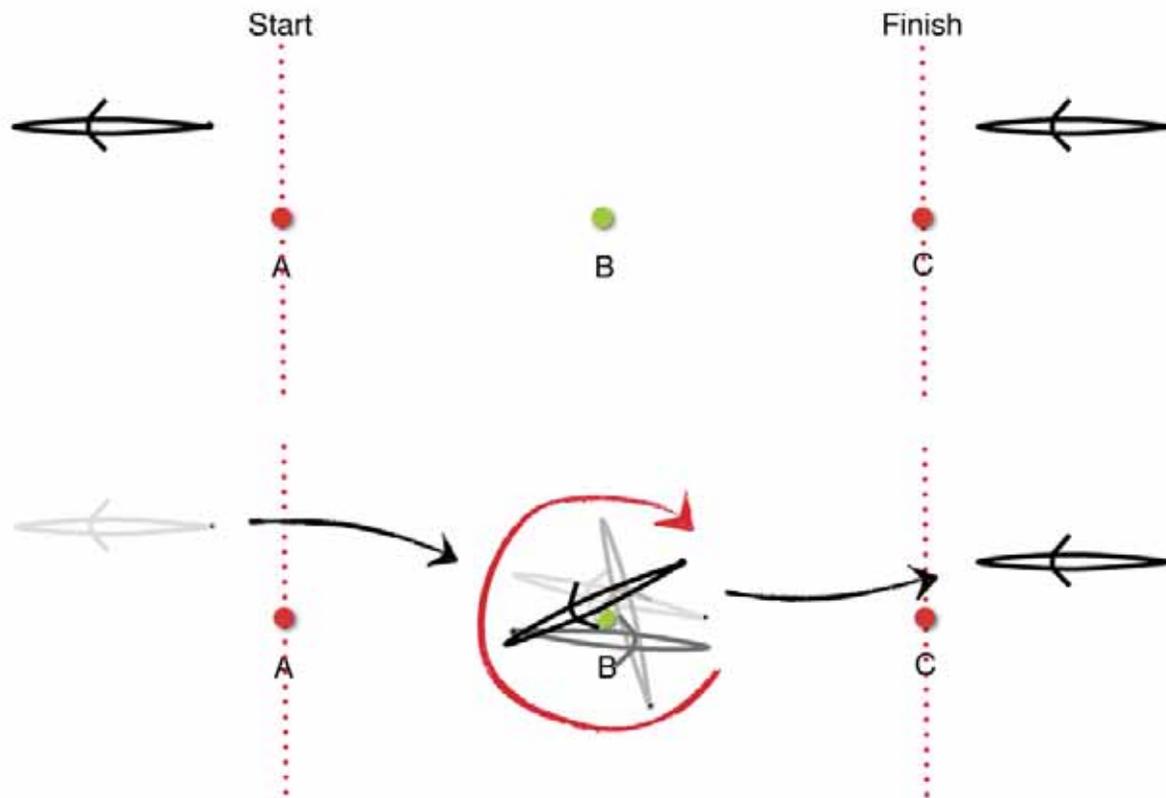
Crew approaches obstacle in line with three buoys. Crew approaches centre buoy (B) and completes a 360 degree turn. The goal of this obstacle is to Yturn on a dime  
Obstacle starts when bow passes the first buoy (A) and is finished when stern passes the last buoy (C).

**Equipment Needed:** What is required to set up the Obstacle

3 buoys. One buoy (turning buoy) must be a different color.

**Set up:**

Place three buoys in a straight line 1 boat length apart.



<b>Scoring</b>					
<b>Overview:</b> Details of how scoring should be set up					
<b>Base points:</b> 0 <b>Minimum points :</b> 0					
Deductions			Bonus points		
			Keeping hull within 1 meter of turning buoy (so buoy is between hull and oarlock)	30 points	
			Keeping buoy between the oarlock and end of Oar	15 points	
			Continuous turn	Up to 5 points	
			Synchronized	Up to 5 points	
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					

<b>Coaching Tips</b>	
Relevance	Simulates turning in a confined space, for example, when lining up at the Start of a race or on a crowded course.
Execution	A good approach sets the crew up for a well executed turn.
	Remind crews of the leverage advantage from bow seat.
	Encourage crews to think about the different and most effective way to execute a tight turn.

OBSTACLE: <b>Figure 8</b>	
SKILLS REQUIRED	
Boat Handling	X Turning
	X Backing
	X Steering
	X Stopping
X Relaxation	
Safety	X Spatial awareness
	X Judging boat speed
	X Awareness of environment
	Equipment
Technique	X Balance
	Rhythm / efficiency
	Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

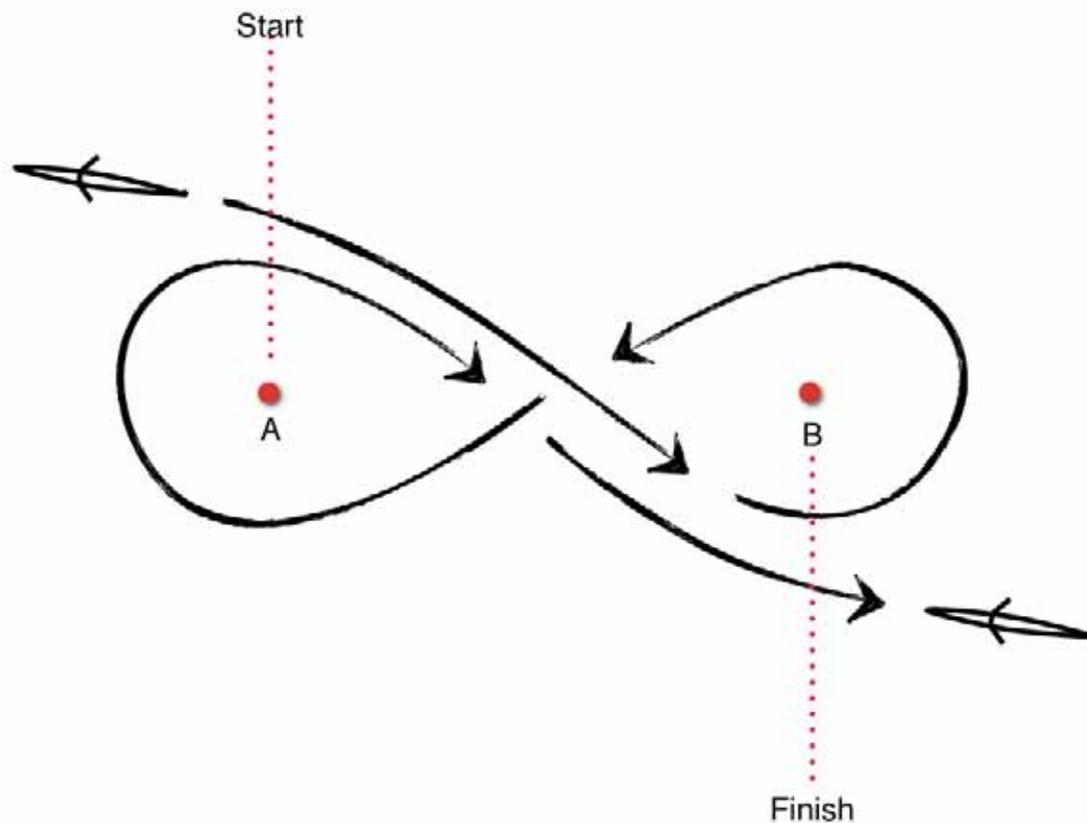
Crew must complete two 180 degree turns in a figure 8 pattern. As crew approaches the obstacle, the first buoy they will go around will be the farthest buoy (Buoy B). Crews exit on the same pathway that they entered. Obstacle starts when bow passes the first buoy (A) and is finished when stern passes the last buoy (B) after figure 8 is complete.

**Equipment Needed:** What is required to set up the Obstacle

2 buoys

**Set up:**

Buoys are placed in a straight line approximately 2-3 boat lengths apart.



<b>Scoring</b>					
<b>Overview:</b> Details of how scoring should be set up					
<b>Base points:</b> 30 <b>Minimum points :</b> 0					
<b>Deductions</b>			<b>Bonus points</b>		
Touch buoy	5 Points / touch		Tip of blade staying within 1m of buoy	5 point / buoy	
Miss a buoy	10 points / buoy		Hold and row turn	0 points	
All rowers stop rowing	5 points / time		Row / back alternate	2 / buoy	
			Row / back simultaneously	4 / buoy	
			Synchronized	Up 5 points / buoy	
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					
<b>Coaching Tips</b>					
Relevance	Simulates tight turn required to change direction as part of a time trial or workout. Emphasizes quick efficient turn, including picking a good line into the turn and efficient turning technique.				
Execution	A good approach will set the crew up for a good turn.				
	Crews should be aware of boat speed.				
	Encourage crews to think about different methods of turning and which would be most effective.				

OBSTACLE: <b>Back and lock</b>	
SKILLS REQUIRED	
Boat Handling	X Turning
	X Backing
	Steering
	X Stopping
	X Relaxation
Safety	X Spatial awareness
	X Judging boat speed
	X Awareness of environment Equipment
Technique	Balance
	Rhythm / efficiency
	Power Application
	X Blade control
	X Timing
Communication/ Teamwork	X Leadership
	X Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle

Crew approaches obstacle at a 90 degree angle. Crew backs boat in between buoy (A) and buoy (B), touching stern to buoy (C). The Obstacle should be executed with control.

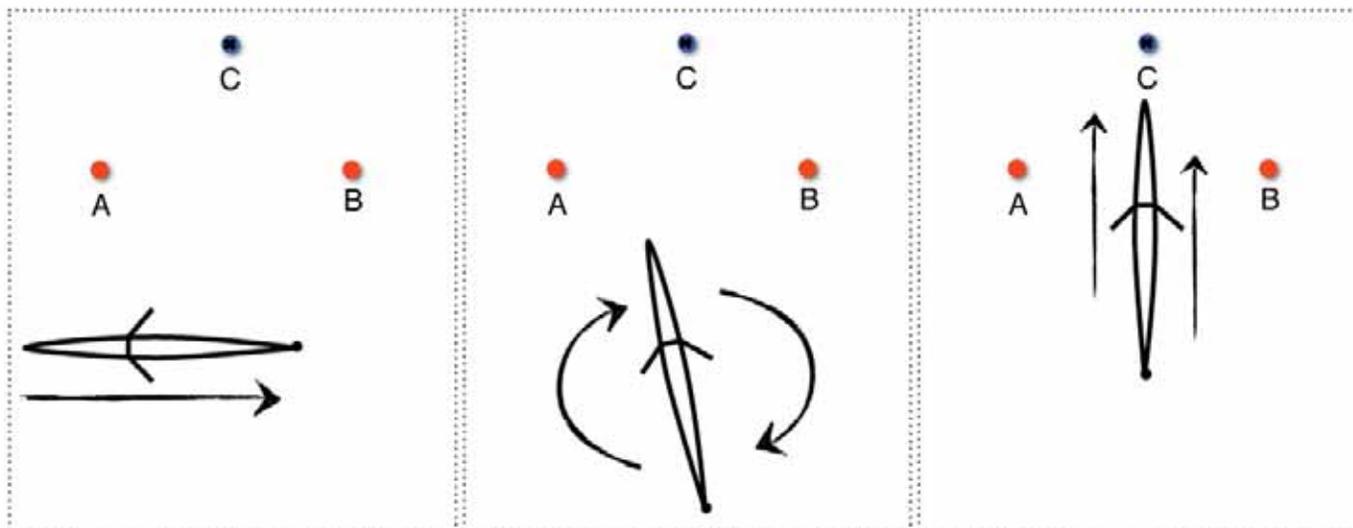
Obstacle starts when bow passes the first buoy (A) and is finished when stern touches buoy (C) and maintains contact and position (within 6 inches) for specified length of time \*.

**Equipment Needed:** What is required to set up the Obstacle

2 buoys, one of which should be a different colour or size.

**Set up:**

Buoy (A) and (B) should be placed 13 meters apart. Buoy (C) should be placed on the centre line between (A) and (B) approximately 3 meters away. This is to simulate lane width and starting gates. Ensure there is enough space between this obstacle and the previous obstacle allows crews to set up properly.



## Scoring

**Overview:** Details of how scoring should be set up

\*The length of time that athletes are asked to hold the start position will be specified by the Umpire before the start of the Skills Event, based on the wind and water conditions and the skill level of athletes.

**Base points:** 30    **Minimum points :** 0

Deductions			Bonus points		
Stern touches hard causing buoy to move 1 foot or more	5 points		Crew is straight and aligned	5 points	
Stern touches buoy but then passes to side	2 point / foot		Spiking if necessary	5 points	
Multiple attempts (more than 1)	5 points / Attempt (max of 15 points)				
*Failure to hold start position for designated time	2 points				
Total Deductions			Total Bonus		
Final Obstacle Score = Base - Deduction total + Bonus total Minimum Score = 0					

## Coaching Tips

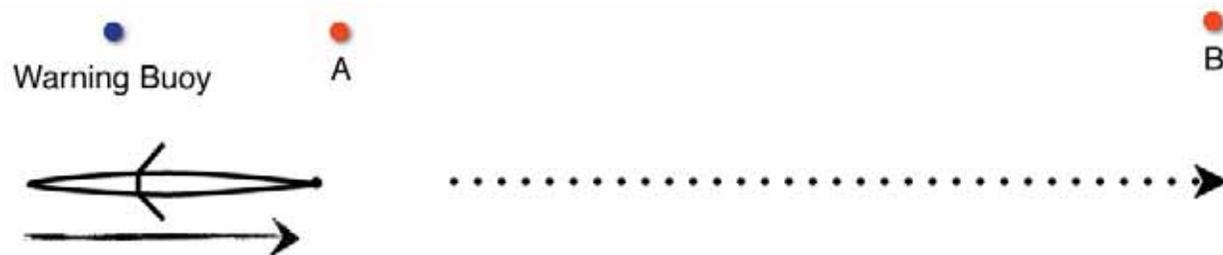
Relevance	Simulates lining for a race start, including backing boat into start gate efficiently and with control, and lining boat up straight.
Execution	Encourage crews to read the wind conditions and adjust accordingly.
	Encourage crews to consider their line of approach.

<b>OBSTACLE: <i>Square Blade</i></b>	
SKILLS REQUIRED	
<b>Boat Handling</b>	Turning
	Backing
	Steering
	Stopping
	X Relaxation
<b>Safety</b>	Spatial awareness
	Judging boat speed
	Awareness of environment
	Equipment
<b>Technique</b>	X Balance
	Rhythm / efficiency
	X Power Application
	X Blade control
	X Timing
<b>Communication/ Teamwork</b>	Leadership
	Planning
	X Communication

**Objective:** What the crew is trying to achieve in obstacle  
 Crew approaches the Start buoy (A) and begins rowing square blade for as many strokes as possible. Obstacle starts when bow has passed start Buoy (A) and all blades are on the square, and finishes when stern passes Buoy (B).

**Equipment Needed:** What is required to set up the Obstacle  
 Three buoys of different colour if possible.

**Set up:**  
 Place Start Buoy (A) 20 meters away from Warning Buoy. Place Finish Buoy (B) 100m from Buoy (A). The Warning Buoy signals the crew that they are approaching the Start Buoy (A). Ensure there is enough distance between this obstacle and the previous obstacle allows crews to get boat up to speed



## Scoring

**Overview:** Details of how scoring should be set up

Full crew must be on the square to receive points, unless otherwise stated by Umpire.

**Base points:** 0    **Minimum points :** 0

Deductions			Bonus points		
More than 1 catch after bow passes the Start buoy (A)	5 points		Ever stroke on the square	1	
			No blade ticks for entire obstacle	5 points	
			5 or more strokes in a row	5 points	
			Complete obstacle full slide rowing	5 points	
Total Deductions			Total Bonus		

Final Obstacle Score = Base - Deduction total + Bonus total  
Minimum Score = 0

## Coaching Tips

Relevance	Emphasizes blade control, timing, balance and relaxation.
Execution	Relaxed and correct grip, flat wrists.
	Relaxed and correct posture (firm platform at release).
	Timing of release.

	Tap down at release.
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### **Reference Documents:**

RADAR – could this be used for YjudgingΦ and outline of some of the criteria  
RCA LTAD Plan for Rowing: an overview  
LTAD Competition Review  
Journey 123  
RCA LTR Instructor Workshop

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