



ROWING

Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while rowing, including hypothermia, heatstroke, heat exhaustion, dehydration, sunburn, insect stings, tick bites, blisters, and hyperventilation.
- 2) Do the following:
 - A) Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.
 - B) Demonstrate proper technique for performing CPR **using a training device approved by your counselor.**
- 3) Before doing the following requirements, successfully complete the BSA swimmer test. Jump feetfirst into water over your head in depth, swim 75 yards in a *strong* manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards or 25 meters using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.
- 4) Review and discuss Safety Afloat and demonstrate the proper fit and use of personal flotation devices (PFD's).
- 5) Alone or with a passenger, do the following correctly in either a fixed-seat or sliding-seat rowboat:
 - A) Launch and land from and to shore.
 - B) Row in a straight line for a quarter mile. Stop, make a pivot turn, and return to the starting point.
 - C) Backwater in a straight line for 50 yards. Make a turn under way and return to the starting point.
 - D) Properly moor or rack your craft. Demonstrate your ability to tie the following mooring knots: clove hitch, roundturn with two half hitches, bowline, and hitching tie or mooring hitch.
- 6) In a fixed-seat rowboat, do the following:
 - A) Come alongside a dock and help a passenger into the boat. Row 50 feet, stop, pivot, and come back to the dock. Help the passenger from the boat.
 - B) Show sculling in good form over the stern for 10 yards. Turn under way and return to starting point.
- 7) Alone or with one other person who is a swimmer, tip over a rowboat. Turn it right side up, get in, and row or paddle 10 yards with hands or oars. Tell why you should stay with a swamped boat.

**This requirement can be met in shallow water.*
- 8) Alone in a rowboat, push off from the shore or a dock. Row 10 yards to a swimmer. While giving instructions to the swimmer, turn the boat so that the swimmer may hold on to the stern. Tow him to shore.
- 9) Show or explain the proper use of anchors for rowboats.
- 10) Describe the following:
 - A) Types of craft used in commercial, competitive and recreational rowing.
 - B) Four common boat building materials. Give some good and bad points of each.
 - C) Types of oarlocks used in commercial, competitive, and recreational rowing.
- 11) Discuss the following:
 - A) The advantage of feathering oars while rowing.
 - B) How to handle a rowboat in a storm.
 - C) How to properly fit out and maintain a boat in season, and how to prepare and store a boat for winter.
 - D) How to calculate the weight a boat may carry under normal conditions.
 - E) The differences between fixed-seat and sliding-seat rowing.
 - F) The different meaning of the term *sculling* in fixed- and sliding-seat rowing.
 - G) The health benefits from rowing for exercise.

Requirement 1

Show that you know first aid for injuries or illnesses that could occur while rowing.

Hypothermia: _____

Heatstroke: _____

Heat Exhaustion: _____

Dehydration:

Sunburn: _____

Insect Stings: _____

Tick Bites: _____

Blisters: _____

Hyperventilation: _____

Other: _____

Requirement 2

What conditions must exist before performing CPR on a person? _____

How are such conditions recognized? _____

Demonstrate to your leader or counselor, the proper technique for performing CPR on an adult mannequin (or other approved training device) for at least 3 minutes.

I have completed at least 3 min of CPR on an adult: Yes No

Requirement 3

I have completed the BSA swimmer test: Yes No *(This must be done before completing the following requirements)*

Do the following:

_____ Jump feet first into water over your head in depth.

The following 100 yard swim must be done continuously and include at least one sharp turn

_____ Swim 75 yards/meters in a strong manner using one or more of the following strokes: Sidestroke, Breaststroke, Trudgen, or Crawl

_____ Swim 25 yards/meters using an easy, resting backstroke.

_____ After swimming the 100 yards, rest by floating as motionless as possible.

Requirement 4

Explain Safety Afloat: _____

Describe the proper fit and use of personal floatation devices (PFD's): _____

Requirement 5

Alone or with a passenger, do the following correctly in either a fixed-seat or sliding seat rowboat. Have your counselor watch you and mark off each task after completion.

___ Launch and land from and to shore.

___ Row in a straight line for a quarter mile. Stop, make a pivot turn, and return to the starting point.

___ Backwater in a straight line for 50 yards. Make a turn under way and return to the starting point.

___ Properly moor or rack your craft.

Demonstrate your ability to tie the following mooring knots:

___ Clove Hitch ___ Roundturn with two Half Hitches ___ Bowline ___ Hitching Tie or Mooring Hitch

Requirement 6

In a fixed-seat rowboat, do the following. Have your counselor watch you and mark off each task after completion.

___ Come alongside a dock and help a passenger into the boat. Row 50 feet, stop, pivot, and come back to the dock. Help the passenger from the boat.

___ Show sculling in good form over the stern for 10 yards. Turn under way and return to starting point.

Date Completed: _____ Place Completed: _____

Requirement 7

___ Alone or with one other person who is a swimmer, tip over a rowboat. Turn it right side up, get in, and row or paddle 10 yards with hands or oars.

Why should you stay with a swamped boat? _____

Date Completed: _____ Place Completed: _____

Requirement 8

___ Alone in a rowboat (with counselor watching), push off from the shore or a dock. Row 10 yards to a swimmer. While giving instruction to the swimmer, turn the boat so that the swimmer may hold onto the stern. Tow him to shore.

Date Completed: _____ Place Completed: _____ Swimmer: _____

Requirement 9

Explain the proper use of anchors for rowboats: _____

Requirement 10

Describe the types of craft used in commercial rowing: _____

Describe the types of craft used in competitive rowing: _____

Describe the types of craft used in recreational rowing: _____

Identify four common boat building materials. Give the advantages and disadvantages of each.

Material: _____

Advantage: _____

Disadvantage: _____

Material: _____

Advantage: _____

Disadvantage: _____

Material: _____

Advantage: _____

Disadvantage: _____

Material: _____

Advantage: _____

Disadvantage: _____

Describe the types of oarlocks used in:

Commercial Rowing: _____

Competitive Rowing: _____

Recreational Rowing: _____

Requirement 11

Discuss the advantage of feathering oars while rowing: _____

Discuss how to handle a rowboat in a storm: _____

Discuss how to properly fit out and maintain a boat in season: _____

Describe how to prepare and store a boat for winter: _____

Discuss how to calculate the weight a boat may carry under normal conditions: _____

Tell the differences between fixed-seat and sliding-seat rowing: _____

Tell the different meaning of the term *sculling* in fixed- and sliding-seat rowing: _____

Describe the health benefits from rowing for exercise: _____
