

Crew competence record

Name of crew member

Date of Review

	I know about this / how to do this	I am confident about this / doing this
Safety		
Know the key risks and mitigations		
Man overboard recovery drill		
Able to operate flares		
Understand the role of the Cox		
Team player in all aspects of operating the boat		
Weather and sea forecasts		
Use and interpret weather forecasts		
Understand the effect of tide/wind/swell combinations		
Able to recognise typical sea conditions		
Knowledge of our home waters		
Familiar with Alnmouth bay		
Know the limits of Marden rocks		
Know the channel in the Aln estuary		
Know the channel in the Aln river		
Know the limits of Birling Carr		
Preparing the boat		
Familiar with the key terminology (e.g. Bow, Thwart, Floors)		
Check and stow essential equipment		
Check and stow optional equipment		
Check and stow spares and waterproof bag		
Commands		
Understand and react correctly to the four basic commands (Make Ready, Pull, Easy, Backwater)		
Understand and react correctly to additional commands (Turns, Red/Green side rowing, part crew rowing etc)		
Launching		
Able to manage the sand trolley from boat house to water		
Standard launch off the beach - all seat positions		
Launch into surf off the beach		
Launch off a jetty (alongside)		
Rowing		
Understand the effect of tides/wind on launching		
Can row consistently without catching crabs		
Can adjust rowing style/length to suit sea conditions		
Can row at Bow, 2, 3 and fulfill the basic role without instruction at each position		
Stroke rowing with even timing and ability to alter stroke rate		
Able to conduct Red or Green oar turns		
Racing starts		
Racing turns around a mark		
Anchoring and mooring		
Dropping and recovering the anchor		
Approaching a jetty (use of fenders, mooring lines)		
Basic knots (reef knot, clove hitch, bowline, round turn and two half hitches)		
Recovery		
Knows what to do in a normal bow first recovery		
Knows what to do in a normal stern first recovery		
Understand what causes broaches and actions to avoid them		
Lifting the boat from water to sand trolley		
Re-housing the boat		
Washing down and rehousing the boat		
Storage of equipment in the Lifeboat House		
Final checks for cleanliness and damage		