

**Level I and II Sculling Certification Criteria**  
**(Level 1 performed in a recreational 1X Level II is a racing 1X)**

**1) At the Boathouse:** The sculler will explain:

- a) "4-oar" rule for sculling
- b) How to report equipment damage
- c) How to prepare for hot and cold weather rowing
- d) What to do after running aground
- e) What to do after capsizing
- f) Considerations after docking after capsizing
- g) WBC sculling level privileges and constraints

**2) At the Dock:** The sculler will demonstrate:

- a) Knowledge of sculling terminology
- b) How to properly carry equipment to dock
- c) How to place boat in water
- d) How to make footstretcher adjustments for 1X.
- e) How to enter the boat properly

**3) On the Water:** The sculler will demonstrate:

- a) Launching from the middle section of the dock
- b) Set/Safety Position
- c) Sculling Technique
- d) Steering/Looking along a straight and a curved 1000 meter course
- e) Traffic Patterns
- f) Backing for 25 meters
- g) Emergency Stop
- h) Turning and pivoting
- i) Docking with and into the prevailing current (2 approaches and landings)
- j) Docking by backing in (1 short approach and landing)

**4) Return to Racks**

- a) Removing the boat from water
- b) Proper post-sculling equipment care
- c) Placing boat on rack
- d) Strapping down boat
- e) Certification checklist complete
- f) Instructor updates Sculling Qualification spreadsheet