

06/01/2019

Steersperson Skills Test

Name: _____ Date: _____ Passed: _____

Verbal Test

- _____ 1. What type of dragon boat do we use (type, # of persons)
- _____ 2. What is the approximate weight of the boat
- _____ 3. What to do in Event of a Capsize (explain)
 - a. With a safety boat
 - b. In the absence of a safety boat
- _____ 4. What is the proper stance (demonstrate)
 - a. Feet position
 - b. Hands and feet
 - c. Standup
- _____ 5. What is balancing the boat
- _____ 6. Use of the steering sweep / steering methods (demonstrate)
 - a. What is neutral position (steering sweep)
 - b. Know how to use the sweep (push/pull)
 - i) Push/Pull (turn left / turn right)
 - a. Handle rotation
 - i. rotate away/counterclockwise = left
 - ii. rotate towards/clockwise = right)
 - b. Combination push/pull and handle rotation
 - ii) Turn boat clockwise 360 degrees (how to)
 - iii) Turn boat counter-clockwise 360 degrees (how to)

Water Skills test

- _____ 1. On the water with full boat
 - a. Steering forward in a straight line for 200m or 1:30 min at full speed with a full boat

- b. Steering backwards in a straight line for 100ft or 30 sec at slow speed with a full boat
- c. Turn clockwise 360 degrees– with paddlers drawing water within 30 sec
- d. Turn counterclockwise 360 degrees – with paddlers drawing water within 30 sec
- e. Turn right 90 degrees gradually – with paddlers paddling at half speed with a full boat
- f. Turn left 90 degrees gradually – with paddlers paddling at half speed with a full boat
- g. Turn right 90 degrees sharply – with paddlers paddling at full speed
- h. Turn right 90 degrees sharply – with paddlers paddling at full speed
- i. Hold water / check the boat – 10 seconds
- j. Keep boat in a straight line (without paddling) for 30 seconds
- k. Figure 8 within 3 min (optional)

_____ 2. Command test with a full boat (on the water)

- a. **Lean Out:** position within the boat at all times. Upper body leans so that 70% of the body weight is on the gunwale leg and 30% of the body weight is on the inside leg. Paddler should be able to see the outside of the boat. The shaft of the paddle is resting on the gunwale.
- b. **Take it away:** begin paddling. The command to begin paddling; usually follows the command Paddles Up. Commonly used for starting the movement of the boat in a non-race situation.
- c. **Let it run (or ride):** stop paddling and let the boat coast. The blades are out of the water with the shaft resting on the gunwale.
- d. **Brace the boat:** to stabilize the boat. Paddle blades flat on the surface of the water; the blade feathers the top of the water by moving the blade back and forth. The shaft of the paddle pressed against the top of the gunwales.
- e. **Hold the boat (or water):** bring the boat to a full stop with the use of the paddles. Paddlers thrust blades vertically into the water to bring the boat to a halt.
- f. **Check for drift:** to prevent the boat from drifting from side to side. Paddles are in the water with the blade running parallel to the boat and the shaft is held against the gunwale.
- g. **Back paddle...** paddle backwards. The stroke used to bring the boat backward into or away from the dock or a race start.
- h. **START:** START this one with “paddles up”... then “paddles back”... then “take it away”

06/01/2019

- i. **Draw / Draw stroke:** stroke used to line a boat up straight at the start of a race or to turn a boat around. The paddle is placed perpendicular to the side of the boat and 'drawn' towards the boat, usually by designated paddlers. You must call WHOM you wish to paddle, i.e. right side, back 3 right.
- j. **Push / Pry stroke:** stroke used to line a boat up straight at the start of a race or to turn a boat around. The paddle is placed perpendicular to the side of the boat and 'pryed' or pushed away from the boat, usually by designated paddlers. You must call WHOM you wish to paddle. i.e. right side, back 3 right.
- k. **Paddles in the boat (or Let is rest):** paddles completely in the boat, above the gunwale of the boat.
- l. **Time it up:** to get the paddlers back into synchronization so the paddles enter the water at the same time.
- m. **Listen up:** paddles in the relaxed position, parallel over the water. The crew should be ready to listen to the drummer or the captain of the boat.
- n. **Sit ready:** Equivalent to paddlers prepare to start. Sit up straight and hold the paddle shaft across your legs and gunwale, extending the blade out to the water. This is a straight posture but relaxed position, used for reinforcing attention and focus through the entire crew.
- o. **Focus in the Boat:** command to bring the focus back into the boat. Command can be used prior to a race start or during a practice to bring the paddler's focus back into the boat.
- p. **Stroke:** refers to one cycle of the paddling motion.
- q. **Paddles up:** be prepared to start paddling!

Examiner 1: _____ Examiner 2: _____ Date: _____