

## PULLING (Fixed Seat Rowing) BADGE



### How to earn your badge...

If you have completed the British Rowing Explore Rowing Programme in a fixed seat craft, or gained a personal or leadership activity permit for pulling, you can automatically gain this badge.

### If not, here's what you need to do:

1. Show that you understand the equipment required for the activity. As part of this:
  - point out and name the basic parts of a pulling boat
  - explain the importance of wearing appropriate clothing for various weather conditions
2. Show that you can take part in this activity safely. You should:
  - understand how to safely enter and exit the boat
  - understand the safety equipment required and how to use it
  - gain a basic knowledge of the rules of the road for your local waters
  - understand the difference between a lifejacket and a buoyancy aid, and demonstrate how to wear them correctly
  - from a boat, heave an unweighted line to land within reach of target five metres, within three attempts
  - learn the actions and safety requirements to take when being towed
  - know how to respond in an emergency
3. Carry out these manoeuvres in sequence:
  - take the boat away from a bank side mooring
  - row in a straight line for 100 metres
  - complete a figure-of-eight course
  - come alongside in your dinghy, to moor at a ring, post, bollard or buoy, using a round turn and two half hitches
4. Complete **two** of these tasks:
  - scull over the stern between two points, 20 metres apart, and turn through 180 degrees
  - draw stroke over the bow
  - take a place as an oarsman, including stroke
  - give boat orders effectively, or listen to boat orders and act on them
  - as bowman, be a lookout and report hazards to the coxswain using standard maritime directions, such as starboard, port quarter and dead ahead