

COMPETENT COX SELF ASSESSMENT

Competency	Self Assessment (relative to standard)*		
	Below	At	Above
Follows the Safety Policy and all applicable rules - see Checklist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Directs the safe boarding and disembarking of rowers in the boat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uses appropriate commands - see Instructions for Coxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourages the crew and provides instruction to any new rowers (maximum of two in a single boat) - see Rowing Terms and Technique	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assesses weather and water conditions, competence of the crew and demonstrates sound judgement on whether to launch a boat and what route to take	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understands what to do in a health or weather emergency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrates the ability to safely manoeuvre the boat when entering and clearing the launch area and when avoiding conflicts with other craft using the same waterway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Directs the proper launch, retrieval and storage of the boat with the assistance of the crew in the boat only	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follows the boat reservation procedure for unscheduled rowing events, by contacting the club's calendar administrator.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Self Assessment (the standard is 100% compliance with the described competency) - check one box on each line:

Below I need more training and/or practice to achieve the standard

At I believe I meet the standard

Above I am very confident in maintaining the standard and able to train others

BEFORE TAKING A BOAT OUT, THE COX SHOULD COMPLETE THE FOLLOWING:

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	Below	At	Above
Do not take a boat on the water before sunrise and after sunset or in conditions that are deemed dangerous (examples would include rough water, storm warnings or heavy power boat traffic).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be alert to obvious medical or other impairments before boarding crew - refuse to accept particular rowers if their or other crew safety or health may be jeopardized	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confirm that all crew have their own life jacket and that safety equipment, compliant with Transport Canada Small Vessel Regulations, is in the boat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confirm that the boat, seats, foot stretchers, oars and rudder are fully functional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confirm that a working communication device is in the boat - typically this will be the cell phone of the Cox or another rower in the boat. The cox should have reasonable expectation of cellular service within the local waters (in local waters, 911 is the preferred emergency number)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Following the end of a row, promptly report any accident or equipment damage or malfunction to the Board - provide photographs if possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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