



Rowing

Merit Badge Workbook

This workbook is not required but is designed to help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Use page backs & add pages as needed. Please send comments to: craig@craiglincoln.com. Requirements revised: 1998, Workbook updated: January 2004.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1) Show that you know first aid for injuries or illnesses that could occur while rowing, including

hypothermia, _____

heatstroke, _____

heat exhaustion, _____

dehydration, _____

sunburn, _____

insect stings, _____

tick bites, _____

blisters, _____

and hyperventilation. _____

2) Do the following:

A) Identify the conditions that must exist before performing CPR on a person. _____

Explain how such conditions are recognized. _____

B) Demonstrate proper technique for performing CPR using a training device approved by your counselor.

3) Before doing the following requirements, successfully complete the BSA swimmer test. Jump feetfirst into water over your head in depth, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards or 25 meters using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

4) Review and discuss Safety Afloat and demonstrate the proper fit and use of personal flotation devices (PFD's). _____

5) Alone or with a passenger, do the following correctly in either a fixed-seat or sliding-seat rowboat:

- A) Launch and land from and to shore.
- B) Row in a straight line for a quarter mile. Stop, make a pivot turn, and return to the starting point.
- C) Backwater in a straight line for 50 yards. Make a turn under way and return to the starting point.
- D) Properly moor or rack your craft. Demonstrate your ability to tie the following mooring knots: clove hitch, roundturn with two half hitches, bowline, and hitching tie or mooring hitch.

6) In a fixed-seat rowboat, do the following:

- A) Come alongside a dock and help a passenger into the boat. Row 50 feet, stop, pivot, and come back to the dock. Help the passenger from the boat.
- B) Show sculling in good form over the stern for 10 yards. Turn under way and return to starting point.
- 7) Alone or with one other person who is a swimmer, tip over a rowboat. Turn it right side up, get in, and row or paddle 10 yards with hands or oars. Tell why you should stay with a swamped boat.

**This requirement can be met in shallow water.*

8) Alone in a rowboat, push off from the shore or a dock. Row 10 yards to a swimmer. While giving instructions to the swimmer, turn the boat so that the swimmer may hold on to the stern. Tow him to shore.

9) Show or explain the proper use of anchors for rowboats.

10) Describe the following:

A) Types of craft used in commercial, competitive and recreational rowing. _____

B) Four common boat-building materials. Give some good and bad points of each.

Material 1: _____

Good points: _____

Bad points: _____

Material 2: _____

Good points: _____

Bad points: _____

Material 3: _____

Good points: _____

Bad points: _____

Material 4: _____

Good points: _____

Bad points: _____

C) Types of oarlocks used in commercial, _____

competitive, _____

and recreational rowing. _____

11) Discuss the following:

A) The advantage of feathering oars while rowing. _____

B) How to handle a rowboat in a storm. _____

C) How to properly fit out and maintain a boat in season, and how to prepare and store a boat for winter. _____

D) How to calculate the weight a boat may carry under normal conditions. _____

E) The differences between fixed-seat and sliding-seat rowing. _____

F) The different meanings of the term *sculling* in fixed- and sliding-seat rowing.

fixed-seat rowing _____

sliding -seat rowing _____

G) The health benefits from rowing for exercise. _____
