



UKSRL Sweep Competence Scheme

Assessment Principles

Notes on assessment

The list of competencies check list is shown below

It is recommended that sweeps in training should have been assessed on three separate occasions before being awarded the sweeping certificate. The coaches responsible for training the sweep should decide on the intervals between assessments but these should be sufficient to clearly identify improvements in performance. In addition, the sweep should complete a sweeping logbook (see Appendix 2), which a coach comments in and signs on a weekly basis during training.

Experienced sweeps might only need one final assessment to qualify for the certificate.

An assessment with the majority of competencies at 3 (see Assessment Sheet) should be considered a pass. **However, sweeps should show that they can achieve all of the competencies related to checking equipment and safety.**

Notes on training programmes

Training programmes for the sweeping certificate should be planned and organised within a club. This might be for an individual sweep or a group of sweeps and the coaches should decide what are appropriate experiences to enable an individual to demonstrate all of the listed competencies.

A suggested progression for a beginner is:

1.	Shadowing an experienced sweep, from the beach or a launch during an outing
2.	Steering an experienced crew with a coach giving the commands from the beach or launch
3.	Steering a crew and giving the basic commands to start and stop rowing
4.	Commanding a boat out of the boathouse, off a trailer and on to the water under strict supervision – and out of the water and into the boathouse/trailer.
5.	Sweeping and giving most commands under the supervision of a coach (walkie talkies are very useful at this stage)
6.	Sweeping with supervision but without prompts from the coach
7.	First of three assessments

Giving encouraging feedback is important during an outing – and even more important in the form of a summary at the end of the outing with points to work on in the next session.

Written feedback should be provided in the sweep's logbook.

Resources

Resources that clubs can use or amend to deliver sweeping training accompany the certificate. There are also other good examples of training resources for sweeps on the internet.

Resources are in production for clubs to use in the training and development of sweeps, Other good examples of training resources for sweeps are currently available on the internet.

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Level 1 Sweep Competencies

A sweep should be able to:

1. General

- Continually monitor and assess conditions in order to maintain the safety of the crew, themselves and others
- Enthuse, encourage and motivate their crew
- Understand the importance of the role of the sweep
- Be a respected crew member
- Be a positive influence on crew members during training outings, through their planning, behaviours and communication
- Earn the respect and trust of the crew by demonstrating consistently good standards of sweeping

2. Equipment and clothing

- Correctly identify and name the main parts of a surf boat
- Identify different boat types and basic differences
- Name seat positions and groups within a crew, e.g. bow, stroke, bowside, strokeside
- Correctly identify port and starboard
- Take appropriate action where equipment is found to be damaged, including alerting the appropriate individual
- Provide evidence of successful completion of the ARA and/or UKSRL swimming ability and confidence in water assessments
- Wear appropriate clothing for the conditions and be aware of inappropriate clothing
- Check that the crew members are wearing (or have with them) appropriate clothing
- Wear and fasten correctly their buoyancy aid or lifejacket, and know how to inflate it (where appropriate)

3. Safety

- Contribute to risk assessment and risk management with a coach/instructor: i.e. suggest combinations of risk factors that might make it inappropriate to go on the water
- Specify changes in circumstances; e.g. crew, conditions equipment etc, that could cause an outing to be cancelled or terminated
- Identify local hazards on and off the water
- Recognise and respect the rights and needs of other water users
- Demonstrate a sound understanding of local regulations and circulation/current patterns
- Specify the correct action to take in the event of incidents including capsize, immersion, collision avoidance and hypothermia, at specified locations on their local waters
- Maintain a good lookout for other crews ahead and behind
- Maintain an awareness of other water users in the distance
- Maintain an awareness of other water users at all times and to be able to demonstrate the appropriate action to avoid annoyance, interference or potential collisions
- Obey local traffic regulations when sweeping, and avoid hazards

4. Lifting, launching and landing

- Command safe lifting procedures and the manoeuvring of surfboat on and off the trailer or boathouse; e.g. where to stand, when to lift, when to have all crew members on both sides or one side of the boat.
- Command the safe movement of the surfboat and blades from the boathouse/trailer onto the water
- Specify the reasons for boating and landing in the correct direction
- Command the safe launching of a boat
- Follow the plan for the outing including appropriate warm-ups and cool-downs
- Command the crew to enter and exit the boat in a safe and orderly manner
- Steer the boat safely into the landing point, beach or jetty

- Supervise the safe lifting and carrying of the boat and blades off the water to the boathouse or trailer
- Supervise the checking, cleaning and putting away of equipment

5. Steering, manoeuvring and commands

- Maintain a correct course during an outing
- Steer the boat mainly using the sweep oar when the blades are in the water
- Manoeuvre the boat safely by commanding different members of the crew to row, and/or use of sweep oar
- Assist the steering using increased rowing pressure on one side
- Command turning the boat in different directions safely and in an appropriate area
- Explain how to use the wind, waves and current to assist turning the boat
- Command backing the boat down
- Command an emergency stop
- Give commands in an appropriate manner to control starting and stopping, changes of rate and pressure and training drills

6. Rowing technique

- Command members of the crew on how to drop out and “sit the boat” to provide balance/slow the boat down
- Be able to identify common faults in rowing such as poor timing, rushing the slide and the main causes of poor balance

7. Feedback

- Provide feedback to the crew and coach at appropriate points in the outing
- Seek feedback from the crew and coach on their performance

Level 1 Sweeping Assessment Sheet

(delete as appropriate)

First

Second

Final

Date of successful completion of the ARA capsized drill and swim test					
Competency	Level Achieved				
	1	2	3	4	5
1. General					
Continually monitor and assess conditions in order to maintain the safety of the crew, themselves and others					
Enthuse, encourage and motivate their crew					
Understand the importance of the role of the sweep					
Be a respected crew member					
Be a positive influence on crew members during training outings, through their planning, behaviours and communication					
Earn the respect and trust of the crew by demonstrating consistently good standards of sweeping					
2. Equipment and clothing					
SC00: Demonstrate knowledge of boat components, preparation for launching and sea safety					
Demonstrate knowledge of surfboat and accessory components and purpose					
Demonstrate knowledge of preparing for sea: pumps, bungs					
Demonstrate knowledge of checking oars, rowlocks (sweep & rowing), and pitches					
Demonstrate knowledge of assessing sea condition for safe rowing					
Demonstrate knowledge of suitable information sources to ensure safety cover prior to launching boat					
Correctly identify and name the main parts of a boat					
Identify different boat types					
Name seat positions and groups within a crew, e.g. bow, stroke, bowside, strokeside					
Correctly identify port and starboard					
Check the equipment to be used					
Take appropriate action where equipment is found to be damaged, including alerting the appropriate individual					
Wear appropriate clothing for the conditions and be aware of inappropriate clothing					
Check that the crew members are wearing (or have with them) appropriate clothing and drink bottles					
Wear and fasten correctly their buoyancy aid and use of a safety helmet (where appropriate)					
3. Safety (Water and Local Users)					
Contribute to risk assessment and risk management with a coach: i.e. suggest combinations of risk factors that might make it inappropriate to go on the water					
Specify changes in circumstances; e.g. crew, conditions equipment etc, that could cause an outing to be cancelled or terminated					
Identify local hazards on and off the water					
Recognise and respect the rights and needs of other water users					
Demonstrate a sound understanding of local regulations and circulation patterns					
Specify the correct action to take in the event of incidents including emergency stops, capsized, immersion, collision avoidance and hypothermia, at specified locations on their local water					
Maintain a good lookout for other crews ahead and behind					
Maintain an awareness of other water users in the distance					
Maintain an awareness of other water users at all times and to be able to demonstrate the appropriate action to avoid annoyance, interference or potential collisions					
Obey local traffic regulations when sweeping, and avoid hazards					
4. Lifting, launching and landing					
Command safe lifting procedures and the manoeuvring of boat in and out of the boathouse/trailer; e.g. where to stand, moving off trailer, when to have all crewmembers on both sides or one side of the boat.					
Command the safe movement of boat and blades from the boathouse, trailer onto the water					
Specify the reasons for boating and landing in the correct direction					
Command the safe launching of a boat					
Follow the plan for the outing including appropriate warm-ups and cool-downs					
Command the crew to enter and exit the boat in a safe and orderly manner					
Steer the boat safely into the landing point					
Supervise the safe lifting and carrying of the boat and blades off the water to the boathouse					
Supervise the checking, cleaning and putting away of equipment					
5 Steering and commands					
Maintain a correct course during an outing					
Steer the boat mainly using the rudder when the blades are in the water					
Manoeuvre the boat safely by commanding different members of the crew to row					
Assist the steering using increased rowing pressure on one side					
Command spinning the boat in different directions safely and in an appropriate area					
Explain how to use the stream and/or wind to assist spinning the boat					
Command backing the boat down					
Command an emergency stop					
Give commands in an appropriate manner to control starting and stopping, changes of rate and pressure and training drills					
SC01 Demonstrate skills required for achieving balance and comfort in a surfboat sweeping environment					
Demonstrate correct stance: Astride Qtr bar, Feet apart, Body approx 45 degree to centre line of boat					
Demonstrate movement from knees; body leaning slightly forward					

Demonstrate using oar as balance, oar pulled through rowlock approx 1.5m					
Demonstrate holding handle 100mm away from body					
Demonstrate technique for maintaining blade in water at all times					
Demonstrate peripheral vision					
SC02 Demonstrate and explain the techniques necessary to competently steer a surfboat					
Demonstrate steering straight course					
Demonstrate left hand turn (to port)					
Demonstrate right hand turn (to starboard)					
SC03 Demonstrate getting in a surfboat in a surf environment maintaining a level boat and balance					
Position bow in relation to waves and littoral current					
Command crew 'Go boat'					
Balance boat, right hand on oar, left hand on qtr bar, right thigh on hull					
Jump, bum landing in middle of aft deck, legs follow					
Take correct stance					
6. Rowing technique					
Command members of the crew on how to drop out and "sit the boat" to provide balance/slow the boat down					
Be able to identify common faults in rowing such as poor timing, rushing the slide and the main causes of poor balance					
7. Communication and Feedback					
Provide feedback to the crew and coach at appropriate points in the outing					
Seek feedback from the crew and coach on their performance					

Assessed by	Date	Signature

Levels	
1	Very basic – needs much improvement
2	Minimum competence achieved
3	Satisfactory level of competence
4	Good level achieved
5	Outstandingly good

Sweep's Logbook

Date			Boat type	
Water and weather conditions – and any special safety considerations				
Type of outing E.g. endurance training, race training				
Sweep	Comments on the rowing			
	Comments on sweeping – points to improve on			
Coach	Comments and Signature			

Notes:

Level 2 sweeping competencies

The level 2 sweeping certificate is intended to assess sweeps' competency to sweep in a competition or training outing on an unfamiliar and demanding water conditions.

1. Safety

- Contributes to risk assessment of the conditions with a coach
- Identifies hazards on and off the water
- Adapts the plan for the outing to the prevailing conditions
- Has the confidence to terminate an outing if the conditions appear to be deteriorating
- If not on home water/beach, checks carefully on local regulations and conditions
- Demonstrates a sound understanding of local regulations and tidal/current circulation patterns
- Practices safety drills during training sessions
- Demonstrates excellent awareness of other water users
- Has performed a capsize and immersion drill and swim test

2. Steering

- Can effectively take the crew through practice race starts and manoeuvres for start of racing
- Steers the boat confidently and correctly at all times

3. Commands and communication

- Commands confidently all aspects of moving the boat and getting safely boated/launched
- Gives commands in a manner that stresses consonants and changes the cadence to enhance meaning
- Gives commands, information and encouragement in a manner that steadies the rhythm
- Is able to identify and describe problems to a coach and discuss ways of improving the performance of the crew
- Provides feedback to both individuals and the crew as a whole that enables them to improve
- Can lift a crew to greater efforts when they show signs of tiredness
- Follow the plan for the outing including appropriate warm ups and warm downs
- Contributes effectively to pre outing briefings and post outing debriefs
- Gives commands in an appropriate manner to control the start, the finish, changes of rate and pressure and training drills
- Has the ability to use a calm yet authoritative and motivational voice
- Uses simple clear calls- particularly essential for athletes with a hearing impairment
- Be able to describe to the crew what they can see and feel and explain responses/changes needed as appropriate
- Feeds back information to the coach about positive and negative aspects of the outing
- Seeks feedback from the crew and coach on her/his performance

4. Technical Knowledge

- Be able to identify and describe areas for improvement, such as timing, rate control and balance
- Can identify and implement appropriate basic drills to improve balance and timing- particularly important for athletes with visual impairments to help gain confidence

- Provide feedback to the crew and coach at appropriate points in the outing and after the outing.
- Seek feedback from the crew and coach on her/his performance
- Be able to explain principles of applying Rowing Technique
- Be able to describe what an effective stroke should feel like
- Be aware how physical/sensory and learning limitations may effect technical ability i.e. stroke length, blade work, coordination and balance
- Be able to identify sources of visual, audio and kinaesthetic feedback available to a sweep that indicate good vs poor technique

5. Competition events (e.g. UKSRL League Series and Championships)

- Have a good working knowledge of the basic rules governing competition events
- Get the crew organised in terms of unloading, rigging boats, registering entries and attaching race numbers
- Check out the course, conditions, start area and marshalling points
- Relate the beach plan and key points to the actual course
- Know where the assembly points are and the functions of the different officials
- Know the boating times, launch points and storage areas
- Checks that the crew are appropriately warmed up
- Command the boat safely through a boat park, and beach with due regard to other crews and equipment, and beach users
- Get the crew at the boat in time and in a calm and efficient manner
- Follow a warm up and race preparation routine having a regard for timing and conditions
- Act promptly on the instructions of the Referee whilst maintaining her/his own safety awareness when moving up to the start and during the race
- Behaves in a calm manner that helps to give a crew confidence
- Sweep manoeuvring the boat promptly and safely at start point
- Understand and observe the rules when under referee/starters orders
- Maintains alleys and/or course/buoys during a race
- Communicate and follows the race plan
- Pick out a good racing line within the permitted limits
- Lift the crew to additional efforts at crucial points in the race
- Follow the instructions for clearing the finish area safely and landing the boat
- Follow a post-race procedure; eg warm down, drinks, snacks, de-brief
- Observe polite and friendly protocols with other crews

Level 2 Sweeping Assessment Sheet

(circle as appropriate)

First Second Final

Competency	Level Achieved				
	1	2	3	4	5
Safety					
Contributes to risk assessment of the conditions with a coach					
Identifies hazards on and off the water					
Adapts the plan for the outing to the prevailing conditions					
Has the confidence to terminate an outing if the conditions appear to be deteriorating					
If not on home water, checks carefully on local regulations and conditions					
Demonstrates a sound understanding of local regulations and circulation patterns					
Practices safety drills during training sessions					
Demonstrates excellent awareness of other water users					
Has performed a capsize and immersion drill and swim test					
SC04 Use surf awareness and knowledge to practice negotiating break in a surf environment adhering to surfboat sweeping standard commands					
Command crew to 'row'					
Application of commands: 'Hold the boat', 'Back it up', 'Give me one/two', 'Take it away'.					
Keep oar in water at all times					
Approach broken waves at right angles					
Aware of, looks for and pick the 'break'					
Ensure oar is out of water and well away from body when disaster is imminent					
Competition events (e.g. UKSRL League Series and Championships)					
Have a good working knowledge of the basic rules governing races					
Get the crew organised in terms of unloading, rigging boats, registering entries and attaching race numbers					
Check out the course, conditions, start area and information points					
Relate the race area plan and key points to the actual course boundary					
Know where the marshalling points are and the functions of the different officials					
Know the boating times, launch points and storage areas					
Checks that the crew are appropriately warmed up					
Command the boat safely through a crowded boat park with due regard to other crews, equipment & beach users					
Get the crew at the boat in time and in a calm and efficient manner					
Follow a warm up and race preparation routine having a regard for timing and conditions					
Act promptly on the instructions of the Referee whilst maintaining her/his own safety awareness when moving up to the start and during the race					
Behaves in a calm manner that helps to give a crew confidence					
Sweep manoeuvring the boat promptly and safely at start point (or into position for a free start)					
Understand and observe the rules when under referees orders					
Maintains alleys and/or course/buoys during a race					
Communicate and follows the race plan					
Pick out a good racing line within the permitted limits					
Lift the crew to additional efforts at crucial points in the race					
Follow the instructions for clearing the finish area safely and landing the boat					
Follow a post-race procedure; eg warm down, drinks, snacks, de-brief					
Observe polite and friendly protocols with other crews					
SC05 Perform skills necessary to effectively carry out buoy run					
Steering					
Can effectively take the crew through practice race starts and manoeuvres for attaching to a stake boat					
Steers the boat confidently and correctly at all times					
Inform crew of distance to buoy					
Move both legs aft of quarter bar					
Approach buoys in an arc; counting down strokes to buoy					
Turn to face stern					
Push sweep oar over head, from left to right					
Push boat around, in time with rowers					
Levelling boat, command crew to 'row'					
Pass oar behind back and assume correct stance					
Identify mark on beach and head for it					
SC06 Practice manoeuvring surfboat into or across chop maintaining level boat and rowing rhythm					
Commands and communication					
Commands confidently all aspects of moving the boat and getting safely boated					
Gives commands in a manner that stresses consonants and changes the cadence to enhance meaning					
Gives commands, information and encouragement in a manner that steadies the rhythm					
Is able to identify and describe problems to a coach and discuss ways of improving the performance of the crew					
Provides feedback to both individuals and the crew as a whole that enables them to improve					

Can lift a crew to greater efforts when they show signs of tiredness					
Follow the plan for the outing including appropriate warm ups and warm downs					
Contributes effectively to pre outing briefings and post outing debriefs					
Gives commands in an appropriate manner to control the start, the finish, changes of rate and pressure and training drills					
Has the ability to use a calm yet authoritative and motivational voice					
Uses simple clear calls- particularly essential for athletes with a hearing impairment					
Be able to describe to the crew what they can see and feel and explain responses/changes needed as appropriate					
Feeds back information to the coach about positive and negative aspects of the outing					
Seeks feedback from the crew and coach on her/his performance					
Move feet, knees and body in rhythm to keep boat level					
Ensure oar in water at all times					
SC07 Demonstrate appropriate skills necessary to crack a wave ensuring the boat stays level and reaches the shore as a result					
Ensure sufficient boat speed					
Position boat at right angles to approaching wave					
Pull sweep oar into boat approx 1m and keep high					
Ensure correct command and correct timing of command, called in a loud, firm voice. 'Come aft', 'Trail oars', 'Let it run', 'High side'.					
Move smoothly onto chocks					
Position body. Shoulders parallel with centre line of boat and sweep oar					
Maintain pressure on oar at all times					
Looking at bow only					
SC08 Demonstrate appropriate sweeping skills necessary to address broaching of a surfboat					
Stay in boat					
Keep sweep oar in boat					
Command crew 'high side'					
Reposition boat at right angle to waves immediately wave loses power					
Command crew 'back to your seats'					
Prepare for next wave					
SC09 Demonstrate procedures appropriate upon reaching beach					
Ensure crew safety at all times					
Ensure public safety at all times					
Command crew 'Out'					
Use rowers to position boat at right angles to waves immediately after stopping					
Ensure oars secured, lifting or drag boat clear of edge					
Take out bungs					
Technical Knowledge					
Be able to identify and describe areas for improvement, such as timing, slide/seat control and balance					
Can identify and implement appropriate basic drills to improve balance and timing- particularly important for athletes with visual impairments to help gain confidence					
Provide feedback to the crew and coach at appropriate points in the outing and after the outing.					
Seek feedback from the crew and coach on her/his performance					
Be able to explain principles of applying Rowing Technique					
Be able to describe what an effective stroke should feel like					
Be aware how physical/sensory and learning limitations may effect technical ability i.e. stroke length, blade work, coordination and balance					
Be able to identify sources of visual, audio and kinaesthetic feedback available to a sweep that indicate good vs poor technique					

- 1 Very basic – needs much improvement
- 2 Minimum competence achieved
- 3 Satisfactory level of competence
- 4 Good level achieved
- 5 Outstandingly good

Feedback comments from coach and crew	Date
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Sweep's Logbook

Date			Boat type	
Water and weather conditions – and any special safety considerations				
Type of outing E.g. endurance training, race training				
Sweep	Comments on the rowing			
	Comments on sweeping – points to improve on			
Coach	Comments and Signature			