



## Rowing Stage 2 Assessment

- I can assist in the launch and recovery of a small punt**  
This should include making sure there is no water in the punt when it is put away
- I can explain what impact I may have on local vegetation when launching and retrieving a punt**  
Use a slipway where possible, avoid launching in or near nesting sites and where vegetation will be trampled down and damaged
- I have discussed 'Weil's disease' and the precautions necessary to take part in open water activities**  
Avoiding stagnant water and canal banks, proper personal hygiene before and after going afloat and covering open wounds with a water-proof plaster
- I can put on my own personal floatation device properly**  
This should include securing all fastenings and using a crotch strap where it is fitted.
- I know why I should wear suitable footwear**  
The scout should be able to explain that it offers better grip, warmth and protection from sharp protrusions as well as debris in the water
- I can make a recognised distress signal**  
The Scout should be able to make one of the signals described in the International Regulations for the Prevention of Collisions at Sea
- I know how to raise the alarm if I see somebody in difficulty on the water**  
The Scout should know how to make a call to the emergency services and give clear information as to what was seen and where
- I know what hypothermia is**  
The Scout should have a knowledge of the signs and symptoms of hypothermia and have an understanding of why it is a problem
- I know that I should keep clear of channels and fairways**  
The Scout should be able to identify channels and fairways in their local boating waters and understand why other boats may not be able to avoid a scout in a punt
- I can get a weather forecast**  
The Scout should be able to get a local or national weather forecast suitable for outdoor activity
- I can tie the following knots; Round-turn-and-two-half-hitches, Figure of eight, Bowline**  
The Scout should be able to tie the named knots on request
- I have taken part in four half day exercises afloat**  
A half day is at least two hours on or around the water