



Rowing Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Rowing merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/rowing/rowing-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/rowing/rowing-cpp.pdf>

REQUIREMENT 1a: Explain to your counselor the most likely hazards you may encounter while participating in rowing activities, including weather- and water-related hazards, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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HAZARD #3
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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HAZARD #4
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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HAZARD #5
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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HAZARD #6
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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REQUIREMENT 1b: Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that can occur while rowing: blisters, hypothermia, heat-related illnesses, dehydration, sunburn, sprains, and strains.

BLISTERS:

Prevention:

Symptoms:

Treatment:

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:



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HEAT-RELATED ILLNESSES:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



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SUNBURN:

Prevention:

Symptoms:

Treatment:

SPRAINS:

Prevention:

Symptoms:

Treatment:



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STRAINS:

Prevention:

Symptoms:

Treatment:

REQUIREMENT 1c: Review the Scouting America Safety Afloat policy.

1. Qualified Supervision
2. Personal Health Review
3. Swimming Ability
4. Life Jackets
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline



REQUIREMENT 1c: Explain how the Safety Afloat policy applies to rowing activities.

Notes:



REQUIREMENT 2: Before completing requirements 4, 5, 6, and 7, successfully complete the Scouting America swimmer test.



This requirement must be reviewed with your merit badge counselor.

REQUIREMENT 3: Review the characteristics of life jackets most appropriate for rowing and why one must always be worn while rowing. Then demonstrate how to select and fit a life jacket.

Notes:



REQUIREMENTS 4, 5, 6, and 7 ALL CONTAIN SKILL-BASED TASKS. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, PERFORM, AND MANUEVER THESE TASKS OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE.

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off. Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



DO ONE OF THE FOLLOWING (4A or 4B) FOR REQUIREMENT 4

REQUIREMENT 4a: Alone or with a passenger, do the following in either a fixed-seat or sliding-seat rowboat:

1. Launch.
2. Row in a straight line for 100 yards. Stop, pivot, and return to the starting point.
3. Backwater in a straight line for 25 yards. Make a turn underway and return to the starting point.
4. Land and moor or rack your craft.
5. Tie the following mooring knots-clove hitch, roundturn with two half-hitches, bowline, Wellman's knot, and mooring hitch.

Consider using the [Rowing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 4b: Participate as a rowing team member in a competitive rowing meet. The team may be sponsored by a school, club, or Scout unit. The meet must include competition between two or more teams with different sponsors. Complete at least 10 hours of team practice prior to the meet.

Consider using the [Rowing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

DO ONE OF THE FOLLOWING (5A or 5B) FOR REQUIREMENT 5

REQUIREMENT 5a: In a fixed-seat rowboat, come alongside a pier and help a passenger into the boat. Pull away from the pier, change positions with your passenger, and demonstrate sculling over the stern or side. Resume your rowing position, return alongside the pier, and help your passenger out of the boat.

Consider using the [Rowing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5b: In a sliding-seat rowboat, come alongside a pier and, with your buddy assisting you, get out onto the pier. Help your buddy into the boat. Reverse roles with your buddy and repeat the procedure.

Consider using the [Rowing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

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REQUIREMENT 6: Participate in a swamped boat drill including righting and stabilizing the craft, reboarding in deep water, and making headway.

Consider using the [Rowing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6: Tell why you should stay with a swamped boat.

Notes:

REQUIREMENT 7: Alone in a rowboat, push off from the shore or a pier. Row 20 yards to a swimmer. While giving instructions to the swimmer, pivot the boat so that the swimmer can hold on to the stern. Tow the swimmer to shore.

Consider using the [Rowing Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 8a: Describe types of craft used in commercial, competitive, and recreational rowing.

Commercial:



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Competitive:

Recreational:



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REQUIREMENT 8b: Describe four common boatbuilding materials. Give some positive and negative points of each.

BOATBUILDING MATERIAL #1:

Material:

Pros:

Cons:

BOATBUILDING MATERIAL #2:

Material:

Pros:

Cons:



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BOATBUILDING MATERIAL #3:	
Material:	
Pros:	Cons:
BOATBUILDING MATERIAL #4:	
Material:	
Pros:	Cons:



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REQUIREMENT 8c: Describe types of oarlocks used in competitive and recreational rowing.

Notes:

REQUIREMENT 9a: Discuss the advantage of feathering oars while rowing.

Notes:



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REQUIREMENT 9b: Discuss precautions regarding strong winds and heavy waves, and boat-handling procedures in rough water and windstorms.

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REQUIREMENT 9c: Discuss how to properly fit out and maintain a boat in season, and how to prepare and store a boat for winter.

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Notes:



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REQUIREMENT 9d: Discuss how to determine the proper length of oars.

Notes:

REQUIREMENT 9e: Discuss the differences between fixed-seat and sliding-seat rowing.

Notes:



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REQUIREMENT 9f: Discuss the different meanings of the term *sculling* in fixed- and sliding-seat rowing.

Notes:

REQUIREMENT 9g: Discuss the health benefits from rowing for exercise.

Notes: