

## SCULLING/MENTORING GUIDELINES/BEST PRACTICES

Updated 4/21/21

### **Planning the Row:**

- If you are mentoring a novice sculler review the coach's comments and recommendations. Discuss strengths and weakness, areas to be worked on.
  - Review key elements:
    - Carrying shell to dock
    - Using a mirror- left or right preference
    - Launching/Docking shell
- **Boat Sign out/iCrew:**
  - Ensure sculler understands how to reserve a shell using iCrew, and understands WRRA equipment sign out procedures, including restrictions during peak times.
- **Marine Traffic app:**  
Check Marine Traffic app for commercial traffic before leaving dock. Identify commercial traffic on the Cuyahoga and direction of travel on the river. <https://www.marinetraffic.com>
- **Marine Radio/Channel 16**
  - Review radio contact with commercial traffic. Listen for the freighter/barge traffic calls (bridge lift calls, leaving dock, entering mouth of river and direction of travel)
  - Planning for a passing zone location when river traffic is approaching
  - Recommend purchasing a marine radio sooner rather than later
- **Wind and water conditions**
  - Rowing on the Cuyahoga can be challenging when the wind is over 15 MPH.
  - Wind direction is also a consideration; winds from the North have a stronger effect on river conditions, thus a lower cutoff may be advisable (i.e. 13 MPH or 14 MPH if winds are from the North or NW).
  - Use the boathouse zip code, 44113, when checking the weather.
  - Know the signs when to turn around
  - **Current:** USGS website for water discharge information. Small boats are not permitted on river if over 5,000 cfs. <https://waterdata.usgs.gov/usa/nwis/uv?04208000>

### **On The Water:**

- Mentor should scull in front of novice sculler so they are in view.
- Review key rowing elements:
  - **Steering:** Use of the mirror, staying on the right side of the river, offer tips on turning
  - **Turns:** Review strategies for negotiating the curves on the river. Start turns early with leg pressure. Turning and backing strokes, important skill to maintain place in safety zones
  - Docking the shell
- **Safety zones and landmarks:**
  - Point out bridges, landmarks and docking locations
  - Review freighter passing strategies, positioning in safety zone.
    - Practice getting into position and maintaining the proper angle of shell
    - As freighter or barge passing the current will pull you, backing stroke to help keep position

- **Hazardous Conditions:**

- **Debris:** Be aware of logs/debris after rain. Debris can remain in the river a few days after rain. Debris tends to collect at the turns in the river and near bridges where the river narrows.  
or freighter passing- use caution
- **Swirly water:** Occurs after freighter/ barge/ tug passing. Also at the mouth of the river near Shooters entering the Old River Channel
- Be aware of bridge abutments or other areas of the river where the bulkhead may stick out
- Recreational boats/kayak's/jet skis- often on wrong side of river, waking
- Recreational fishermen—watch out for fishermen on the banks of the river so you do not get tangled in their fishing lines.
- Avoid red/green lights hanging below bridges when the water is high