

BOATMAN HOURS LOG

Your Name: _____ Hours Required: _____

Conditions for hours logged:

- For the logging of hours, time both pulling and as coxswain count.
- Prepping the boat and putting it away after your session does not count towards duration logged.
- All of your hours must be completed in a Saldanha.
- You may claim hours pulled at a regatta, but that time is not likely to be more than 30 minutes per regatta.

It is advisable to keep your hours log sheet with you for your WAL to sign after each session.

DATE	BOAT TYPE	Pulling Conditions	Duration Logged	WAL Name	WAL signature

Once you have logged 4 hours, please contact your course leader to arrange for the 5th hour which will be your final assessment.