

Captain's Test Station L Rowing Club

created March 2009

To be administered by one of the coaches. The coach is not allowed to help or make suggestions.

ROWER: _____

has passed the **2x/4x** Captains Test _____ (Date/Coach)

has passed the **1x** Captains Test _____ (Date/Coach)

The following section are the skills required to row a club 2x or 4x without a coach present. Rowers can pass this section in a 1x or 2x.

Skills	2x/4x	1x	Comments
Signs the boat out in the logbook			
Knows which boat and oars to use			
Able to cox/carry the boat to the dock without assistance			
Able to get in/out of the boat with ease			
Oars in properly			
Able to row comfortably with the blades off the water			
Able to steer / control the boat			
Able to spin (turn) the boat			
Able to row 15 strokes square blades, one rower at a time.			
Able to back the boat (15 strokes), one rower at a time			
Able to land the boat without hitting the dock.			
Carries the boat back to the rack without assistance			
Wipes down the boat, tracks before putting it in the rack			
Returns oars to their proper place			
Passed the written safety test			