

## 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				