

Level 1 (Novice Masters)

1. Demonstrates how to properly (safely) carry oars from boathouse to dock and back to racks after returning from rowing.

Coaches signature: _____ **Date:** _____

2. Demonstrates proper transfer of boats off and onto racks, out of boathouse, to slings, and to the dock.

Coaches signature: _____ **Date:** _____

3. Demonstrates knowledge of safety and equipment check list.

Coaches signature: _____ **Date:** _____

4. Demonstrates knowledge of port oar and starboard oar and how to properly place oars in oarlock.

Coaches signature: _____ **Date:** _____

5. Can safely enter and exit a boat.

Coaches signature: _____ **Date:** _____

6. Correctly Execute a basic rowing stroke in a sweep boat and sculling.

Coaches signature: _____ **Date:** _____

7. Achieve 80% accuracy on terminology test and PRC Safety Manuel test.

Coaches signature: _____ **Date:** _____