

**Level 2 (Novice Intermediate/Recreational A)**

1. Demonstrate the ability to Handle all equipment safely
2. **Coaches signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_
3. Can Demonstrate the knowledge of the following:
  - a) General water safety
  - b) Rowing safely
  - c) Basic progression of a stroke
  - d) Pick drills
  - e) General rowing terminology
  - f) Steering boat with pressure
  - g) Backing a boat
  - h) Stopping a boat
  - i) Rowing together at moderate rates (18-24 spm)

**Coaches signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

4. An understanding of equipment damage and how to report it.

**Coaches signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

5. Pass Flip test

**Coaches signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_