

### Level 4 (Competitive Masters/Recreational C)

1. Achieve 80% on a detailed PRC online test of equipment and safety knowledge

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

2. One coached observation session (one hour). This session should be scheduled one week after completing your PRC online test so that coaching staff can review it before the observational session.

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

3. Manage and communicate with a group effectively

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

4. Demonstrate the ability to communicate correct rowing and sculling orders to other rowers

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

5. Demonstrate knowledge of rowing level system

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

6. Demonstrate knowledge of relevant procedures in the event of an accident

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