

Level 3 (Competitive or Recreational B)

1. Demonstrate knowledge of checking (assess weather conditions) such as wind speed and storm tracking.

Coaches signature: _____ **Date:** _____

2. Demonstrate the ability to lead level 1 and 2 rowers on and off the water.

Coaches signature: _____ **Date:** _____

3. Achieve 80 % accuracy on weather condition test

Coaches signature: _____ **Date:** _____

4. Demonstrate dual operating lift system properly and safely

Coaches signature: _____ **Date:** _____

5. Demonstrate the importance of logging out/in a boat

Coaches signature: _____ **Date:** _____

6. **Flip Test (If the rower cannot get back in the boat, they must be able to swim the boat to shore and get back in the boat)**