

Cooper Rowing Club



PO Box 8965, Collingswood, NJ 08108
www.cooperrowingclub.org

Rower Certification

Member Name: _____ phone: _____

e-mail address: _____

Swimming Certification

Please bring a signed Swimming Certification to the Rowing Coach at the time of your Rowing Certification. You will not be certified to row without the swimming certification.

As a currently accredited lifeguard, I certify that I have observed this individual complete a swim test consisting of staying afloat for 10 minutes without aid.

Lifeguard Name	Position
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Signature	Date
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Rowing Certification

Members must obtain a Rowing Certification from a CRC approved rowing coach before using CRC equipment unattended. Rowers with no rowing experience must complete a Learn-to-Row Program. You will be certified for one of the below levels. If you are certified at the gig level, coach or Rowing Captain approval is needed before using a single or becoming a crew leader.

The rower has demonstrated competence in the following areas (check box):

<input type="checkbox"/>	Terminology	<input type="checkbox"/>	Launching
<input type="checkbox"/>	Removing boat from rack	<input type="checkbox"/>	Set
<input type="checkbox"/>	Carrying boat	<input type="checkbox"/>	Steering
<input type="checkbox"/>	Putting boat in water	<input type="checkbox"/>	Knowledge of traffic pattern
<input type="checkbox"/>	Putting oars in oarlock	<input type="checkbox"/>	Knowledge of rules of river
<input type="checkbox"/>	Removing boat from water	<input type="checkbox"/>	Bladework (backing, turning)
<input type="checkbox"/>	Placing boat on rack	<input type="checkbox"/>	Docking

Approved for:

<input type="checkbox"/>	Gig (recreational/training single)	<input type="checkbox"/>	All
<input type="checkbox"/>	Single (racing)	<input type="checkbox"/>	Crew leader (bow certified)

Coach Signature

Date