

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 lifequard, I certify that I have observed this individual complete a swim test consisting of staying afloat for 10 minutes without aid. Lifeguard Name Position Signature Date **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): Terminology Launching 12 Removing boat from rack Set 7 Carrying boat Steering 12 7 Putting boat in water Knowledge of traffic pattern Putting oars in oarlock Knowledge of rules of river Removing boat from water Bladework (backing, turning) Placing boat on rack Docking Approved for: Gig (recreational/training single) ΑII Single (racing) Crew leader (bow certified)

Coach Signature Date