

Traverse Area Community Rowing (TACR) CERTIFICATION EVALUATION FORM

INSTRUCTIONS: Evaluations will be conducted by a TACR coach as approved by the TACR Board of Directors. If the rower does not fully pass all items, the coach will schedule a retest after the rower has at least one coached open row. For Full Pass, rower must complete tasks without being coached. Forms will be maintained in the TACR records. **Novice rowers and those without at least one full year of rowing experience are not eligible for Green or Gold certification.**

ROWER'S NAME: _____ DATE _____
Please print Date of Evaluation

Pass	Conditional Pass	Task	Did not pass
		Forms signed and on record: 1) Swim Certification; 2) Liability Waiver; 3) Handbook Acknowledgment; 4) Medical Form 5) Fees paid	
		Knowledge of TACR operating procedures	
		Shell Log out; Proper oar selection & transport to launch area	
		Boat transport from boat rack to launch area	
		Safely set shell in water, place oars correctly, and get into shell; Launch from dock; Wet launch	
		Land in middle of dock; Do not hit dock; Repeat twice more; Launch again to continue test	
		Paddle using arms and body only	
		Complete full slide rowing	
		Steer as instructed by coach	
		Show full awareness of environment and traffic; Row on proper side of lake (Counter clock wise)	
		Successfully execute a 1x flip test (Required for Alden Stars and racing shells)	
		Look ahead while rowing at full slide upon command	
		Stop from full speed rowing at coach's command	
		Spin 360° in place, clockwise and counterclockwise	
		Row backwards	
		Remove oars; Carry shell and oars to Boat Corral (may use buddy system)	
		Wipe down shell; Check for loose parts or any damages; If damaged, make log entry & tag shell	
		Place shell and oars in appropriate locations	
		Log shell back in	
		Overall ability in carrying, handling and controlling the shell	
		Overall Assessment:	

*If a retest of all or part of the test is required, the coach should reevaluate the rower after the rower has attended one Coached Open Row following completion of the evaluation session.

**A conditional pass can be a restriction, such as only rowing with a more experienced rower or only rowing at Coached Open Rows.

I attest that I have personally observed this rower demonstrates competence in each of the above skills and that they can be entrusted to row the club boats.

COACH: _____ DATE _____

CERTIFICATION LEVELS (Circle one):



Blue Certification: Certified to row recreational boats only with coach present in safety launch. Can achieve Blue Certification only after completing Learn to Scull class or validating prior sculling experience.



Green Certification: Certified to row recreational boats following the buddy system process.* Check applicable boats: _____ Alden Ocean Shells _____ Alden Stars (must pass flip test)



Gold Certification: Certified to row racing single, racing double using buddy system. (Requires 1x flip test and completion of 25 hours at Green Level.)*

* Buddy system rowers must have PFDs, each must wear whistle, and each boat on the water must have a cell phone available for any rower to access as needed for emergencies.