

Traverse Area Community Rowing (TACR) ROWING LEVELS AND CERTIFICATION PROCESS

The goal of the rowing levels and full certification process is to allow properly trained rowers to utilize TACR club boats in a safe manner. Level 3 rowers will be able to row without requiring a coach or safety launch to be on the water when club boats are in use. The following is the overview of the "Rowing Without a Coach or Launch (RWCL)" process.

SWEEP ROWING AND SCULLING

Level 1 (L1): This will be the majority of TACR rowers and scullers, as well as those new to TACR

L1 Sweep Requirements:

- A. Take a TACR Learn to Row class
- B. Complete TACR safety training
- C. Sign and submit the TACR Swimming Attestation form
- D. Sign and submit the TACR Handbook Acknowledgment
- E. Register with USRowing and Icrew

L1 Sweep Rowers Can:

- A. Row in a coxed four (4+) and eight (8+) in regular TACR sessions when a coach is present in a safety launch
 - B. Participate in novice regattas in a coxed four (4+) and eight (8+) when a safety launch is present
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L1 Sculling Requirements:

- A. Take a TACR Learn to Scull class
- B. Complete TACR safety training
- C. Sign and submit the TACR Swimming Attestation form
- D. Sign and submit the TACR Handbook Acknowledgment
- E. Register with USRowing and Icrew

L1 Scullers Can:

- A. Row in a single (1x) and double (2x) in regular TACR sessions when a coach is present in a safety launch, at coach's discretion
 - B. Participate in novice regattas in a single (1x) and double (2x) when a safety launch is present
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Level 2 (L2):

L2 Sweep Requirements:

- A. Pay \$50 to TACR, to enter certification program
- B. Pass L2 Sweep Certification- details outlined on L2 Sweep Certification Form
- C. 18 years of age or older

L2 Sweep Rowers Can:

- A. Row in a coxed (L2/L3 coxswain) four (4+) and eight (8+) in TACR HOME BOAT sessions when a safety launch is present on the water
- B. Row in a coxed (L3 coxswain) four (4+) in TACR HOME BOAT sessions without a safety launch when the L3 cox gives consent and rower wears a USGC/TACR approved pfd
- C. Participate in masters and open regattas in a coxed four (4+) and eight (8+) when a safety launch is present

To arrange L2 sweep certification, book a private session with the coaching staff + any level coxswain + two experienced (L2/L3) sweep rowers. Certifications will be completed in a four (4+) with a coxswain + two L2/L3 rowers; only two L1's can be certified in a four (4+) at one time.

L2 Sculling Requirements:

- A. Pay \$50 to TACR, to enter certification program
- B. Pass L2 Sculling Certification
- C. Each rower will have a USCG/TACR approved pfd, whistle and phone in single (1x) shells at all times while using TACR Buddy System
- D. 18 years of age or older

L2 Scullers Can:

- A. Row in TACR single (1x) shells without a coach or safety launch using the TACR Buddy System (punch card required)
- B. Row in quad (4x) and double (2x) in TACR HOME BOAT sessions when a safety launch is present on the water
- C. Participate in masters and open regattas in a single (1x) , double (2x) and quad (4x) when a safety launch is present

To arrange L2 sculling certification, book a private session with the coaching staff.

Level 3 (L3):

L3 Sweep Requirements:

- A. Pass USRowing 10-minute swim test (prerequisite to arranging certification)
- B. Pass TACR Map and Conditions Test (prerequisite to arranging certification)
- C. Pass L3 Sweep Certification + Hudson pair (2-) flip test (please see certification form for details)
- D. Each rower will have USCG/TACR approved pfd and whistle in shell at all times
- E. One phone is required in shell at all times

L3 Sweep Rowers Can:

- A. Row the pair (2-) using the TACR Buddy System (punch card required) if 90 Degree Rule is met
- B. Row any four (4-) with L3 Bow Cox, no safety launch required unless 90 Degree Rule is not met
- C. Participate in masters and open regattas when a safety launch is present

To arrange L3 Sweep certification, complete all prerequisite tests and schedule time with the coaching staff + L2 sweep rower to complete the flip test. Certifications will be completed in the Pair (2-) and two L2 rowers can be certified at one time.

L3 Sculling Requirements:

- A. Pass USRowing 10-minute swim test (prerequisite to arranging certification)
- B. Pass TACR Map and Conditions Test (prerequisite to arranging certification)
- C. Pass L3 Sculling Certification + Alden flip test (please see certification form for details)
- D. Each rower will have USCG/TACR approved pfd and whistle in shell at all times
- E. One phone is required in shell at all times

L3 Scullers Can:

- A. Row any single (1x) or double (2x) using the TACR Buddy System (punch card required) if 90 Degree Rule is met
- B. Row any quad (4x) with L3 Bow Cox, no safety launch required unless 90 Degree Rule is not met
- C. Participate in masters and open regattas when a safety launch is present

To arrange certification, complete all prerequisite tests and schedule time with a coach to complete the flip test.

COXING

Level 1 (L1): This will be current TACR coxswains as well as those new to TACR

L1 Coxswain Requirements:

- A. Take TACR Coxswain Training
- B. Complete TACR safety training
- C. Sign and submit the TACR Swimming Attestation form
- D. Sign and submit the TACR Handbook Acknowledgment
- E. Register with USRowing and Icrew

L1 Cox (title: "L1 Coxswain") Can:

- A. Cox a four (4+) and eight (8+) in regular TACR sessions when a coach is present in a safety launch
 - B. Cox a four (4+) and eight (8+) in regattas when a safety launch is present
 - C. Get paid
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Level 2 (L2):

L2 Coxswain Requirements:

- A. Pass L2 Coxswain Certification
- B. There is no fee for coxswains to enter the certification program at L2 (cox only)
- C. 18 years of age or older

L2 Cox (title: "L2 Certified Coxswain") Can:

- A. Cox a four (4+) and eight (8+) and quad (4x) in TACR HOME BOAT sessions when a safety launch is present on the water
- B. Cox a four(4+) and eight (8+) and quad (4x) in regattas when a safety launch is present
- C. Get paid

For L2 coxswain certification, arrange with the coaching staff. Certifications will take place with a four (4+) and can happen during a portion of regular intermediate/advanced session time. Note that L2 coxswains in a quad will be rowing from the bow seat.

COXING Continued

Level 3 (L3):

L3 Coxswain Requirements:

- A. Pass L3 Sweep or L3 Sculling rowing certification
- B. L2 coxswains will pay a reduced of \$25 for their L3 sweep or L3 sculling certification
- C. 18 years of age or older

L3 Cox (title: "L3 Certified Bow Cox") Can:

- A. Bow cox a four (4-) or quad (4x) (based on L3 rowing certification) without a safety launch on the water **if 90 Degree Rule is met**
- B. Cox a four (4+) of L2 rowers without a coach or safety launch on the water **if 90 Degree Rule is met**. All L2 rowers will wear a USCG/TACR approved pfd
- C. Get paid

For L3 Bow Cox certification, arrange with the coaching staff. Certifications will take place with a four (4-) or quad (4x) (depending on cox's rowing certification). Other rowers in the four (4-) or quad (4x) can be L2 or L3 certified. All L2 rowers will wear a USGC/TACR approved pfd.