



LEVEL 1 Requirements

Can participate in: *Coached Rows*
Can row in: *Maas Aero, Nemo, Edon*

Safety Requirements & Knowledge

- Current swim waiver
- US Rowing safety video
- Checks board for safety warnings, traffic pattern, weather/water conditions
- Aware of all lake hazards

General Equipment Knowledge

- Identifies novice shells and all their parts

Pre-Row

- Conducts proper pre-row equipment check
- Carries oars/boat properly
- Understands equipment operations
- Safety Log

Post-Row

- Carries oars/boat properly
- Stores equipment properly
- Completes post-row equipment check
- Safety Log

Rowing Skills – Novice Class Single

- Enters/exits shell safely and with control, no assistance
- Pushes off dock with minimal assistance
- Responds competently to basic rowing commands
- Can turn and back
- Safely docks with control
- Rows 20+ strokes on feather with control
- Rows relatively straight
- Continually checks point/course
- Understands stopping quickly/controlled stop
- Follows traffic pattern through bridge
- Logs 40,000 meters



LEVEL 2 Requirements

Can participate in: *Coached Rows, Open Rows*
Can row in: *Maas 24*
And Radical, Captain Whitaker, Claymore, Peace and Sailor, with supervision

Safety Requirements & Knowledge

- Understands use of lights during pre-dawn/dusk

General Equipment Knowledge

- Identifies intermediate shells and their parts

Pre-Row

- Understands foot stretcher/seat mechanics
- Carries shell properly (on own if possible)

Post-Row

- Cleans outside waterlines, tracks, and oar handles
- Carries and puts away shell properly

Rowing Skills – Intermediate Class Single

- Rows feathered without continually dragging blade on water
- Lets it run at hands away with both oars off the water
- Stationary Drill-Pick progressions/catch placement
- Rowing Drill-10 strokes on square, pause drill
- Knows and follows traffic pattern
- Travels in straight line/continually checks point
- Steers shell at full pressure without stopping to correct point
- Meets level 1 requirements in an intermediate shell
- Logs 80,000 meters



LEVEL 3 Requirements

Can participate in: *Coached Rows, Open Rowing*
Can row in: *All shells after passing flip test in racing shell*

General Equipment Knowledge

- Identifies all shells and distinguish their levels/parts

Pre-Row

- Understands set up/rigging of boat
- Carries shell on own

Post-Row

- Carries shell on own and safely returns to rack
- Understands all cleaning/care of boat

Rowing Skills – Advanced Class Single

- Enters/exits shell safely with control
- Pushes off dock unassisted
- River turn/backing with control
- Docks safely with control
- Travels in straight line, checking point
- Rows feathered without dragging blades
- Lets it run at hands away/oars off the water
- Stationary Drill-Pick progressions/catch placement
- Rowing Drill-10 strokes on square, pause drill
- Knows and follows traffic pattern
- Steers shell at full pressure without stopping to correct point
- Logs 120,000 meters



LEVEL 4 Requirements

Can participate in: *Coached Rows, Open Rowing*
Can row in: *All shells*

Racing Skills – Advanced

- Brings multiple person boats together and “hot seat” on the water
- Rig boats/oars
- Logs 160,000 meters