



Rio Salado Rowing Club
Open Row Certification Test
Part 2: Flip Test

Name _____ Date _____

Boat _____ Level Testing (circle one) B A AA

Re-entry? Y _____ N _____ Coach's Signature _____

1. **Unassisted in deep water, flip your boat.**
2. **Demonstrate ability to locate nearest point of safety and swim with boat to that point.**

_____ Rower demonstrates understanding of staying with the boat.

_____ Rower assesses any injuries from flipping.

_____ Rower assesses closest point of safety.

_____ Rower swims boat to safety point