

8.7 Flip Test Certification Form



Single Flip Test Certification

It is acknowledged that Rowing is a water sport that carries the possibility that at some point the boat will flip or overturn and thereby spill the rower(s) into the water.

Therefore, the ability to get back into the boat is considered essential to the activity of rowing. Demonstrating this ability is a requirement for certification as a Single Sculler skill level classification (i.e. the flip test). The rower must demonstrate this ability, or present documentation from a coach of such demonstration in the past 5 years, or sign this certification.

The undersigned certifies that he/she is in good physical condition and has overturned / flipped out of a single scull and successfully gotten back in the boat on the water within the past 5 years.

Name (please type or print): _____

Signature: _____ Date: _____