

Table Mountain Rowing Club



Annual Singles Flip Test Certificate

All TMRC Members must pass the following singles Flip Test as a preliminary requirement for rowing a single shell unaccompanied by a safety launch. The Flip Test will be conducted and witnessed by a TMRC Coach and the TMRC Member must be wearing normal rowing clothes. As this is a perishable skill, Flip Tests will be conducted annually. All TMRC Members taking the Flip Test will have a valid Swim Test Certificate on file.

Please have this certificate form with you at the time of the test.

Certificate

_____ has completed the annual singles Flip Test.
(Print TMRC Member's Name)

This Flip Test was given at _____
(Location)

on _____.
(Date)

This TMRC Member has a valid Swim Test Certificate on file with TMRC.

(Signature of TMRC Coach)

(Signature of TMRC Member)