

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 another TMRC Member authorized to do so by the TMRC Coach.** 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 Witness)	(Signature of TMRC Member)