



FLIP TEST

The Flip Test is a structured procedure designed to assess an individual's ability to capsize a small boat and regain entry into the boat. It is intended to demonstrate proficient technique in utilizing the oar-on-gunnel method, within a stipulated time frame of 2 minutes.

All DUC rowers must pass a flip test before rowing a single or pair during practice or competition.

The procedure of the Flip Test consists of the following steps:

Initial Setup: The rower begins the test by sitting at the catch for one minute.

Capsize Maneuver: The rower deliberately tips the boat to capsize it by rolling to one side. This action is intended to simulate a real-world scenario where a boat might flip over due to external factors or accidental circumstances.

Swimming the Water: Once the boat is capsized, the rower is required to swim and position themselves alongside the boat (opposite their rigger if sweeping).

Oar-on-Gunnel Technique: The rower then employs the oar-on-gunnel technique to facilitate re-entry into the boat. In this method, the rower utilizes the oar by placing it perpendicular to the boat's side and using the other hand on the opposite gunnel. Then as if you are getting out of a pool kick and push.

Time Constraint: The entire process, from hitting the water to successfully re-entering the boat using the oar-on-gunnel technique, must be accomplished within a predefined time frame of 2 minutes.

The Flip Test is designed to assess an individual's competence in handling a small boat in scenarios involving capsize and re-entry. It emphasizes the importance of proficient technique, swift execution, and maintaining composure in challenging situations on the water.