

## **Fitness Standards**

### **Physical Fitness Assessment**

**Applicants will row the 2000 Meter Row. Minimum passing standards are below.**

### **Proper Rowing Technique**

There are two parts to the rowing stroke, the **drive** and the **recovery**, but the movements are blended together to make the stroke smooth and continuous. There should be no stopping at any point in the stroke. Improper technique can lead to injury.

**1. The catch:**

- a. The rower reaches forward with knees bent, arms extended, and body leaning toward the flywheel.
- b. The **drive** begins with the legs and the back doing all the work. **Note:** The arms are straight and the shoulders are relaxed.

**2. The drive:**

- a. During the **drive**, the rower straightens the legs and swings the back through the vertical position.
- b. Halfway through the **drive**, the arms are still straight and the shoulders are relaxed.

**3. The finish:**

- a. At the finish of the **drive**, the handle is pulled by the arms and shoulders into the abdomen.
- b. The legs are straight and the body is leaning back slightly. **Note:** The height of the handle is neither at the chest nor in the lap.

**4. The recovery:**

- a. The **recovery** begins by extending the arms and swinging the body forward at the hips.
- b. This puts the handle in front of the knees to avoid interference between the knees and hands as the seat moves forward.

**5. The catch:**

- a. The body is drawn forward with the legs to the starting position for the next stroke.
- b. The rower is now ready to begin the next drive.
- c. Remember that your body should never come to a complete stop.

## **Videos**

- [Rowing Stroke Video](#)
- Common Rowing Technique Errors [Video](#)

## **Disqualifications**

A certified row test will stop when any of the following are observed:

- Applicant cannot stay balanced on the seat
- Applicant begins to exhale with a whistle sound
- Applicant is compromising form and technique that elevates the risk of injury
- Skin turns ashen and displays signs of other health complications
- Applicant is no longer rowing with a continuous flow

## **Minimum Standards**

2,000-Meter Row [Calculator](#)

Candidates must pass each of the following physical assessment components: