

**Novice Sweep (L0) - Club Training
Instructors Checklist**

Sweep Name	
Club	
Instructor/s	

Training Hours	1	2	3	4	5	6	7	8	9	10	Training Notes	Ready to Test
Minimum Required											Comments	as signed off by

BASIC SKILLS

Head Count												
Boat Balance												
Vocal Projection												
Commands Used												
Standard Language												
Crew Control												
Turn Left												
Turn Right												
Stationary Pivot Turn												
Stopping Boat												
Wake Control												
Approach Loading Area												
Area Awareness												

RACE READY SKILLS

Start Line Approach												
Drift Management												
Reversing Boat (General)												
Reversing Boat (Pontoon)												
Straight Line												
X-Factor (confidence)												

Instruction Notes: