



ROSE CITY ROWING CLUB

Swim Test Form

The risks of drowning while participating in the sport of rowing are minimal, yet possible. Therefore, prior to any water-based workout, instruction, or recreational participation, a thorough swim test must be completed and passed before beginning rowing. This form will be kept on file for three years.

The Rose City Rowing Club swim test is composed of two ten-minute segments. The participant must swim any stroke or combination of strokes for an uninterrupted ten-minute duration. The second segment of the test is composed of a ten-minute period of floating or treading water. At no time during these tests is the participant allowed to put hands on the pool sides or to touch the bottom.

Instructions

Take this form to a lifeguard or swimming instructor and ask them to administer the above test for you. (Lifeguard or swimming instructor must be someone who has passed the Red Cross or YMCA Life Saving Course and/of is a Water Safety Instructor.)

Swimmers Name _____

10-minute swim passed _____ (Lifeguard initials)

10-minute tread/float passed _____ (Lifeguard initials)

Lifeguard/Instructor Signature _____

Print Name _____

Location of test _____ Date _____