

TREASURE COAST

R O W I N G C L U B

Treasure Coast Rowing Club

Swim Test Form

The purpose of having every rower and coxswain take a swim test is not to see if they are a fast swimmer. It is to gauge proficiency in the water and to see who is more or less comfortable. At the very least, they need to be able to keep themselves calm and afloat and get back to the boat if they find themselves on the wrong side of the hull.

Instructions:

1. Write Name of Participant on the Swim Test Card;
2. Have a certified Lifeguard or Parent/Guardian if you cannot locate a lifeguard, observe you and complete form below;
3. Make a copy of your card for your records;
4. Upload via Parent Portal (Rowing Dashboard -> Documents -> Swim Test) on the TCRC Website or during the registration process.

Name of Participant/Rower: _____

Name of Testing Administrator: _____

Swim Test Certification:

I hereby certify that the participant can swim 100 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Rower: _____

Signature of test administrator: _____

Date of Test: _____

Keep a copy of the completed swim test for your records.