

SWIM TEST CERTIFICATION

In accordance with US Rowing safety guidelines, all high school rowers and scullers (excluding private boat owners) must pass a swim test. No rower or sculler will be allowed on the water in a Huron Rowing Association boat unless she or he has completed a simple swim test and submitted the signed form confirming swimming ability. Without a successfully completed swim test, rowers will be required to wear a life vest.

The swim test consists of staying afloat wearing long pants (or sweat pants) and a t-shirt for five minutes, putting on a life vest in the water, and swimming 50 yards (2 lengths of most public pools).

Instructions:

1. Print the Swim Test Certification Form (next page)
2. Take the Certification form to any public pool where a Red Cross-certified lifeguard is on duty.
3. Ask the lifeguard to observe that you can do the tasks listed.
4. Have the lifeguard sign the form and return it to your crew coach.

Swim test forms need to be completed before crew members will be allowed on the water.

Local pools where you may take a swimming test

[Ann Arbor Public Pools](#)

Phone: 734.794.6236 (Fuller Pool), 734.794.6234 (Mack Pool)

[Saline Recreational Complex](#)

Phone: (734) 429-3502

[Ann Arbor YMCA](#)

Phone: (734) 996-9622

(by appointment only, please contact Christina Wackenheim 734-661-8050 or

cwackenheim@annarborymca.org)

In addition, any other pool to which you have access is acceptable as long as the form is signed by a certified lifeguard.

SWIM TEST CERTIFICATION FORM

Your name (please print) _____

All Huron Rowing Association (HRA) members must pass the following swim test and have a certified lifeguard or American Red Cross Water Safety Instructor (WSI) attest to completion of this test by signing the form below PRIOR to rowing in any boat, barge or coach's launch.

The swim-test is comprised of the following elements: The participant must wear any long-legged exercise pants and T-shirt:

- 1) Tread water or stay afloat for 5 minutes.
- 2) Followed by putting on a life jacket while treading water (if available).
- 3) Followed by swimming 50 yards (without the life jacket), any stroke, without touching the bottom of the pool or using any other support.

If HRA participants do not complete the test, they will be required to wear a life vest or other personal flotation device while rowing.

Swim Test Certification – This section to be filled out by lifeguard or WSI.

I, _____ (*print lifeguard/WSI's name*) certify that

_____ (*print rower's name*) has completed the

requirements described above. This test of swimming ability was given at

_____ (*location*) on _____ (*date*).

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor. My

certification expires on _____ (*date*).

Signature of Lifeguard or WSI

Signature of Rower

Date

Date