

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).

Print the Swim Test Certification Form on the next page and take it to any public pool where a Red Cross-certified lifeguard is on duty. Ask the lifeguard to observe that you can do the tasks listed. 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.

Learn To Scull Participants: You must bring the test with you to the first session in order

Local pools where you may take a swimming test

Ann Arbor Public Pools

Website: http://www.ci.ann-arbor.mi.us/CommunityServices/Parks/Pool/pools_main.html
Phone: (734) 994-4263 (Fuller Pool), (734) 994-2898 (Mack Pool)

Saline Recreational Complex

Website: <http://www.ci.saline.mi.us/parks/Rec%20Center>
Phone: (734) 429-3502

Ann Arbor YMCA

Website: <http://www.annarborymca.org>
Phone: (734) 996-9622
(by appointment only, contact aquatic director Liz Trapp by e-mail etrapp@annarborymca.org)

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 pant 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 life guard or WSI.

I, _____ (*Print guard or instructors 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 Guard or Instructor

Signature of Rower
