



# Swim Test Policy & Procedure

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Rowers under age 18 are not fully cleared for participation in the sport until they have completed a swim test. Rowers are only required to pass one swim test during their first season. The swim test may be waived upon proof of lifeguard certification, past or present membership in a swim league or on an athletic team, or proof of completion of a recognized community swim program/class.

The test will consist of...

- 1) Treading water for a minimum of 10 minutes.
- 2) Swimming at least 100 yards using any stroke without stopping for assistance.
- 3) Properly securing a personal floatation device while in the water.

## **OPTION 1 - OFF-SITE GROUP AND INDIVIDUAL TESTING**

This test is conducted at a private or public pool and administered by the coaching staff. The test may be given to one person and up to a maximum of 8 people at a time.

## **OPTION 2 - OFF-SITE INDIVIDUAL TESTING**

This test is conducted by a Certified Swim Instructor/Lifeguard at a private or public pool with prior approval by a coach. This may be arranged when group testing has been missed or scheduling conflicts necessitate individual testing. The Instructor/Lifeguard must sign and complete the information below, and the rower must return this form to a coach.

The date and time for HLRC's off-site testing is being determined. You will soon receive an email with information regarding the exact date and time of the test. Off-site testing will be held at \_\_\_\_\_.

This is required to participate in any rowing activities or races. Please let the coach know as soon as possible if you cannot make the test and we can make other arrangements.

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HARVEYS LAKE ROWING CLUB • Pole 152 Lake Side Road, Harveys Lake, PA

(phone) 570-954-6423 • (email) [HarveysLakeRowingClub@gmail.com](mailto:HarveysLakeRowingClub@gmail.com) • (web) [HarveysLakeRowingClub.com](http://HarveysLakeRowingClub.com)

# Harveys Lake Rowing Club Swim Test Form

Name of Rower: \_\_\_\_\_

Exemption Status: \_\_\_\_\_ Reason: \_\_\_\_\_

Date of Swim Test: \_\_\_\_\_

Location: \_\_\_\_\_

Test: Tread water for 10 minutes AND swim 100 yards using any stroke without stopping or assistance.

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of Certified Swim Instructor/Lifeguard(printed): \_\_\_\_\_

Telephone Contact: \_\_\_\_\_

Signature: \_\_\_\_\_

Chapter and Location Where Certified: \_\_\_\_\_

Date Certified: \_\_\_\_\_

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