



SWIM TEST

(this form must be filled out by all new rowers before being allowed on the water)

Please print rower's name: _____

This certifies that the applicant named above can satisfactorily:

- Tread water in workout clothes (T-shirt, shorts & socks) for eight minutes
- Put on a Personal Flotation Device while in the water
- Then get out of the pool (or onto the dock) without using the ladder

Signature of Examiner: _____

Date: _____

Print Examiner's Name: _____

Title: _____

Pool/Lake Location: _____

- This form is required of all OIR rowers.
- You will not be allowed on the water unless it is on file.
- The examiner must be an adult, pool official or coach (just not an athlete's parent)
- Most public pools will offer this test (call them for availability)
- Take the test in your shorts, a t-shirt & socks (bring a change of clothes)
- Remember to print and take your Swim Test form with you!

Parent/Guardian consent if athlete is under the age of 18

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Date: _____