



STATION L ROWING CLUB

Swim Test Form

The risks of drowning while participating in any rowing-related activity are minimal, yet possible. Therefore, prior to any water-based activity, the following swim test must be passed and the form completed. You must present this completed form on the first day of class in order to participate. This Swim Test Form will be kept on file with the Club indefinitely and is valid for all future classes with the club.

Swim Test requirement:

- 1) **Swim any stroke or combination of strokes for 10 minutes without interruption.**
- 2) **Immediately following, the participant must float or tread water for an additional uninterrupted 10 minutes.**

At no time during the swim test is the participant allowed to put their hands on the side of the pool or to touch the bottom of the pool.

Instructions:

Proceed to your pool of choice. Contact the lifeguard or swim instructor and ask them to administer this swim test. Have them complete the information below. Give this form to club membership official or rowing class instructor.

Check the following link for "open swim" times at these public pools:

Portland Parks Pools: <http://www.portlandonline.com/parks/index.cfm?c=38284>.

This swim test application is in compliance with recommendations made by the United States Rowing Association.

Participant Name (print): _____

Participant Phone: (day) _____ (eve) _____

10 minute swim: _____ 10 minute float/tread: _____
(lifeguard initial) (lifeguard initial)

Lifeguard comments: _____

Lifeguard Signature: _____ Date: _____

Lifeguard printed name: _____

Certification: _____ Location: _____