

ROWING PROGRAM SWIM TEST POLICY AND PROCEDURES

Rowers of high school age and under the age of 18 are not fully cleared for participation in the sport until they have completed a swim test. Rowers are only required to pass on 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. Tread water for a minimum of 5 minutes.
2. Swim at least 50 meters using any stroke without stopping for assistance. (Four laps at the Rec Center pool)

Option 1 - ON SITE GROUP AND INDIVIDUAL TESTING

This test is conducted at the boathouse on Skull Creek and administered by the coaching staff. The test may be given to one person or up to a maximum of 8 people at a time.

Option 2 - OFF SITE GROUP AND INDIVIDUAL TESTING

This test is conducted at the Recreation Center pool and administered by the coaching staff. The test may be given to one person or a maximum of 15 people at a time.

Option 3 - 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 the form to a coach.

Off-site testing may be completed at The Island Recreation Center by having a coach schedule an appointment.

**MY CHILD HAS MY PERMISSION TO PROCEED TO THE POOL FOR ADMINISTRATION
OF A SWIM TEST FOR HHI CREW ROWING CLUB**

Name of Athlete: _____

Parent Signature: _____

HHI CREW SWIM TEST FORM

(To be completed by a Certified Instructor/Lifeguard or HHI Crew Coach)

Date of Swim Test. _____

Location: _____

Completed: ___ Tread water for 5 minutes ___ 50 meter swim, any stroke, without assistance

Name of Certified Swim Instructor/Lifeguard/Crew Coach _____

Signature _____