

West Springfield High School

Swim Test Certificate

U.S. Rowing, the governing body of crew clubs in the United States, requires each club to ensure that each crew member has passed the required swim test before taking part in any rowing related water activity. Novice rowers and coxswains must pass the swim test before being allowed on the water.

The swim test needs to be passed only once in a student's rowing career, and a must be administered by an adult, 18 years or older, under the supervision of a registered life guard. This individual cannot be a family member of the individual being tested.

Rower's Name _____ Grade _____

Location _____ Date _____

Athletes taking this test are required to swim in clothing similar to that which they will be wearing while rowing. Examples include: t-shirt and shorts, compression or spandex short are acceptable. Shoes are not required. Rowers and coxswains should begin treading water for 2 minutes. At the completion of 2 minutes, a life jacket will be tossed the rower / coxswain and, while treading water, will put on the life jacket and buckle it prior to exiting the water. Stopping, touching the pool floor, or the wall is not authorized during any part of the swim test.

___ Two laps / 100-meter swim (any stroke, no time limit)

___ Tread water for two minutes

___ Put on a life jackets while in the water

The rower named above has **PASSED / FAILED** the swim test.

Lifeguard's / Adult's name _____ Signature _____

Lifeguard's Accreditation _____ Expiration Date _____
(If required)