Spartan Crew USRowing Swim Certificate

Each crew member must pass this mandatory swim test once in their rowing career before participating in any on-water activity.

Guidelines & Requirements

Supervision: Must be provided by an adult (18+) under the supervision of a registered lifeguard. The administrator cannot be a family member.
Attire: Athletes must wear standard rowing clothing (e.g., t-shirt and shorts/spandex). Shoes are not required.
Disqualification: Stopping, resting, or touching the pool walls or floor at any point will result in a failed test.

Athlete Information

Test Date: _____ Location: _____

Rower's Name: _____Grade: _____

Test Description

The athlete must complete all three phases consecutively without a break:

- ☐ **100-Meter Swim:** Two full laps using any stroke. No time limit.
- ☐ **2-Minute Tread:** Immediately tread water for two minutes after the swim.
- ☐ **Life Jacket Evaluation:** Put on and secure a tossed life jacket while remaining afloat.

Test Result

The athlete named above has PASSED / FAILED *(circle one)* the swim test.

Examiner: By signing this document, the **examiner** certifies that the athlete listed on this form has completed the USRowing Swim Test.

Evaluator's Name (print): _____

Signature: _____