Salem Rowing Club Swim Test

Rower safety is very important, so it is required by Salem Rowing Club that all participants complete and pass a swim test prior to any on the water activities. The portion of the river we row on is inherently dangerous, so it is important that all participants are able to swim. Please bring this form to the boathouse your first day practice or class.

The swim test consists of 100 yards of any stroke swam continually and 15 minutes treading water uninterrupted. The participant can’t touch the wall or bottom at any point except to make a turn. (This is similar to what is recommended by U.S. Rowing.)

In order to take the test, go to the pool of your choice and have a lifeguard administer the test and sign to prove you did it. It is often good to call ahead first to make sure that lifeguards are allowed to do this at the pool you chose to go to. Once at the pool, ask a lifeguard to administer the test for you. Have them sign and fill out the bottom when you have completed it.

Participant Name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

100 yard swim (lifeguard initial) \_\_\_\_\_\_\_

15 min. tread water (lifeguard initial) \_\_\_\_\_\_

Lifeguard comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lifeguard Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lifeguard printed name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pool the test was taken at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

