



SWIM TEST

In accordance with US Rowing safety guidelines, all AWCC rowers and coxswains must pass a swim test. Without a successfully completed swim test, participants must wear a PFD (personal floatation device), that they purchase, that is suitable for movement while rowing. Once the swim test is completed, the athlete will be cleared for all future seasons of participation with AWCC.

The swim test consists of:

- Swimming 50 yards
- Treading water wearing sweatpants and sweatshirt for ten minutes
- Putting on a PFD while in the water

**An athlete is exempt from taking the swim test if he/she is a member of a swim team OR he/she is a certified lifeguard.

NAME: _____ DATE: _____

_____ Passed Swim Test administered by AWCC

_____ Is a member of _____ Swim Team (Must have swim coach sign below)

_____ Is a certified lifeguard (Copy of certification attached & parent signature below)

Signature: _____