

RESILIENT ROWING

NOVICE ROWER / COXSWAIN SWIM REQUIREMENT TEST FORM

US Rowing, which guides all crew clubs in the United States, requires each club authority to ensure that each member of its Crew has passed the required swimming examination before taking part in any rowing related water activity, competition, or practice. Experienced high school rowers in Virginia complete this requirement as part of their scholastic team registration. However novice rowers who have never been a part of another rowing club must complete this requirement before being eligible to participate in our Learn to Row camp.

US Rowing requires that each participant be able to:

- **Swim 100 meters, any stroke, with no time limit,**
- **Tread water for 2 minutes (keeping entire head above the water line), and afterwards**
- **Successfully put on a PFD (personal flotation device) in the water**

The examination needs to be passed only once in a student's rowing career, and must be administered by an adult non-family member, 18 years or older, who is also a registered life guard, pool operator, or supervisor at a pool / rec center.

Completed by Athlete:

Name (please print):	
School:	
Grade:	<input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12
Prior Crew Member:	<input type="checkbox"/> Yes (School ____ Years ____) <input type="checkbox"/> No

Completed by Examiner:

Date:	
100 Meter Swim:	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
Tread Water for 2min:	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
Put on a PFD in Water:	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
Examiner:	
Title:	