

Swim Test

In accordance with USRowing safety guidelines, all IRC rowers (members and juniors), excluding private boat owners, must pass a swim test. No rower will be allowed on the water in an IRC boat unless she or he has completed the swim test and submitted the signed form to the coach. Without a successfully completed swim test, participants must wear a life vest. Once completed, a form can remain on file for 6 years.



The swim test consists of:

- Staying afloat wearing rowing gear (spandex pants or shorts, and a top) for five minutes
- Putting on a PFD while in the water
- Swimming 50 yards (2 lengths in most public pools)

Take this form to any pool with a certified lifeguard on duty. Ask the guard to observe that you can do the tasks listed above. When you are finished, ask them to sign the form for you.

Rower's name (printed and legible): _____

Please indicate membership or program: Member _____ **Junior** _____ **Collegiate** _____

Lifeguard's name (printed): _____

Lifeguard's signature: _____

Pool at which test was completed: _____

Phone number of pool or guard: _____

Date passed: _____

Please note: If you are unable to swim, you may still row. IRC has PFD's available for those who do not have a swim test on file.