



SWIM TEST

Dallas Rowing Club requires that ALL participants take and pass the swim test prior to participation in rowing classes and activities. The test must be administered by a lifeguard or swim instructor who has passed the Red Cross or YMCA Life Saving course or is a Water Safety Instructor (WSI).

Instructions for Lifeguard—Please administer the following test:

1. Swimmer must swim any stroke, or combination of strokes, for 250 meters without interruption.
2. Immediately following, the swimmer must float or tread water for 5 minutes.
3. At no time during the swim test is the swimmer allowed to put his/her hands on the side of the pool or touch the bottom.

Note: This test is being administered with the understanding that it is done in the controlled environment of an indoor pool and does not assess the swimmer's ability in an "open water" environment. It is also understood that the lifeguard's signature only reflects the swimmer's ability to pass the test on the date indicated. Please complete the following information.

SWIMMER INFORMATION

Name (please print) _____

Phone _____

TEST RESULTS

Date of Test _____

Complete the following if the test was successfully completed:

250-meter swim _____ (lifeguard initials)

5-minute float _____ (lifeguard initials)

Comments _____

LIFEGUARD INFORMATION

Name (please print) _____

Test Administrator's Certification(s) _____

Testing Location _____

Signature _____ DATE _____