

NEW ROWER SWIM TEST

Required of all NEW rowers!

- Typically conducted the 2nd half of January or the 1st half of February
- Typically held at the South Run Recreation Center.
- New rowers may need to leave Winter Conditioning a little early so that they can be at the pool and ready to begin right at the start time.
- Competencies required to pass:
 - swim in clothes that are typical of what you would wear during practice e.g. shorts, tee shirts or sweatshirts, socks. (jeans NOT recommended).
 - tread water for 2 minutes
 - swim four laps of the pool.
 - put on a life jacket WHILE treading water.
- **Each rower needs to bring \$2.00 – give it to the coaches when you get there.**
- If the rower cannot attend the swim test on the assigned date, the rower will be responsible for making arrangements with a coach to take the test at another time.

For the 2007 rowing season, the following option was available to new rowers who missed the scheduled South Run Rec Center swim test. There is no guarantee that this option will be available for the 2008 rowing season.

- Rowers requiring a swim test may be able to take a swim test at the Chinn Center in Woodbridge.
- Call ahead to make sure that there is a lifeguard on duty.
- Download the swim test certificate form from their website. As an alternative, there is a swim test certificate form located on our websites as well.
- Bring \$5.00 to cover the cost of the swim test.
- Bring completed swim test form to next crew practice.

REMINDER - New rowers will not be allowed out on the water in a boat until the swim test is taken and passed!!