

MELBOURNE HIGH SCHOOL
Rowing Participant
Swim Test

SWIM TEST DETAILS:

All New Rowers to Melbourne High School Rowing must have a swim test completed/submitted prior to starting camps or teams. This is a water-based sport requiring the ability to tread water for 5 minutes at a time, swim 100 yards without stopping, and put on a lifejacket in the event of a boat overturning. While it is rare for boats to overturn, we must be prepared. The safety of our student rowers is our top priority.

- Find a public pool of your choice with a lifeguard that agrees to administer the test. Ideally, call the pool ahead to verify before you go. If you are unsure which pool to choose, please contact one of the coaches (either in person or via email at mymelhighcrew@gmail.com), and they will be happy to assist you with the arrangements.
- Bring this printed form with you to the pool for the lifeguard to sign after administering the swim test.
- Once completed, take a clear picture of your student's swim test with your phone OR scan it into your computer and send it to mymelhighcrew@gmail.com

All participants in Melbourne High School Rowing programs are required to complete the following 3-part swim test for safety on the water. Successful completion of this test may be verified by any certified lifeguard.

_____ (First and Last Name of Rower/Swimmer)

has demonstrated the ability to

- 1. Swim 100 yards (equivalent to four lengths, or two laps, of a 25-yard pool) using any combination of strokes. The swimmer must maintain continuous forward progress and may not stop or touch the bottom of the pool at any time. There are no speed or time requirements for this portion of the test.**
- 2. Tread water for 5 minutes**
- 3. Put on a lifejacket on, while in the deep end, where treading water, and swim to the shallow end.**

Signature of Certified Lifeguard:

Printed Name of Lifeguard:

Date: _____

My child can swim and completed this test under the supervision of a certified lifeguard.

Signature of Rower Parent:

Printed Name of Rower Parent:
