

**Otsego Area Rowing, Inc.**

**Swim Test Form**

Participants must either successfully pass a swim test or provide recognized documentation of swimming ability (such as American Red Cross water safety card or equivalent) prior to or at the time of the first “on water” session, class or activity. A registered rower without a valid swim card will be asked to wear a life preserver until he or she can provide written proof of his or her swimming ability.

**HOW TO TAKE THE SWIM TEST:**

1. Find a pool with a lifeguard certified by the American Red Cross. This test can be done at any swimming venue.
2. Swim the equivalent of 100 yards, unassisted by any flotation device, while wearing attire that you might typically wear while rowing (tee-shirt and shorts or equivalent. No bathing suits, please.)
3. At the conclusion of 100 yard swim, and in deep water, you must float, tread water or swim in place for 5 minutes.

For Completion by Lifeguard

The following participant has successfully demonstrated the ability to swim 100 yards in a competent manner and can remain afloat for at least 5 minutes as required for participation in rowing activities on Lake Otsego.

**PRINTED Participant Name** \_\_\_\_\_

**Pool/Beach** \_\_\_\_\_

**Date of test** \_\_\_\_\_

**Lifeguard Name** \_\_\_\_\_

**Lifeguard Signature** \_\_\_\_\_

**Please provide a copy of the lifeguard’s certification with this form and retain a copy of all forms for your personal records**