Swim Test Policy & Procedure

Rowers are not fully cleared for participation in the sport until they have completed a swim test. Rowers are only required to pass one swim test for the duration of their participation with the club. The swim test may be waived upon proof of lifeguard certification, past or present membership in a swim league or on an athletic team, or proof of completion of a recognized community swim program/class.

The test will consist of:
1. Tread water for a minimum of 10 minutes.
2. Swim at least 100 Yards using any stroke without stopping for assistance.

Option 1 - OFF-SITE GROUP AND INDIVIDUAL TESTING
This test is conducted at a private or public pool and administered by the coaching staff. The test may be given to one person and up to a maximum of 8 people at a time. NBRC offers a group testing date each year prior to the Fall Season.

Option 2 - OFF-SITE INDIVIDUAL TESTING
This test is conducted by a Certified Swim Instructor/Lifeguard at a private or public pool with prior approval by a coach. This may be arranged when group testing has been missed or scheduling conflicts necessitate individual testing. The Instructor/Lifeguard must sign and complete the information below, and the rower must return this form to a coach.

If you are unable to participate in the group test in the Fall, please schedule a time to complete your swim test individually. All off-site testing is held at the Petaluma Aquatic Center on Washington Street and should take around 30-45 minutes to complete. Individuals can drop-in and take the test with a lifeguard during regular business hours. It will cost $2.00 per person under 18 and $5.00 if you are 18 or older. Completion of the swim test is required before participating in any NBRC water activity.

North Bay Rowing Club’s Swim Test Form
(To be completed by a Certified Instructor/Lifeguard)

Name of Rower:_______________________________________________Date of Swim Test:_________________

Location: ____________________________________________________________________________________

Test: Tread water for 10 minutes AND swim 100 yards using any stroke without stopping or assistance.

Comments: __________________________________________________________________________________

Name of Certified Swim Instructor/Lifeguard (printed) _______________________________________________

Telephone Contact: __________________________________Signature: _________________________________

Chapter and Location Where Certified: __________________________________Date Certified: ______________