

Rowers under age 18 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 during their first season. 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.

**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.

The date and time for NBRC's Off-Site Testing is being determined. You will soon receive an email with information regarding the exact date and time of the test. Off-site testing will be held at the Petaluma Aquatic Center on Washington Street and should take around 30-45 minutes to complete. It will cost \$2.00 per person under 18 and \$5.00 if you are 18 or older. This is required to complete very early in the season so if you have a conflict, please let the coach know as soon as possible and we can make other arrangements.

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**North Bay Rowing Club Juniors 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: \_\_\_\_\_