



Swim Test

In accordance with US Rowing safety guidelines, all IRC rowers and scullers (excluding private boat owners) must pass a swim test. No rower will be allowed on the water in an IRC boat unless she or he has completed the simple swim test and submitted the signed form. Without a successfully completed swim test, participants must wear a life vest. Once completed, a form can remain on file for 4 years.

The swim test consists of

- Staying afloat wearing long pants (or sweat pants) and a t-shirt for five minutes
- Putting on a PFD while in the water
- Swimming 50 yards (2 lengths of most public pools).

Take this form to any pool with a Red Cross-certified lifeguard is on duty. Ask the guard to observe that you can do the tasks. When you are finished, ask them to sign the form for you.

Rower's name (as appears on photo id):

Lifeguard name printed: _____

Signature: _____

Pool at which testing completed: _____

Phone number of pool or guard: _____

Date passed: _____

Please note, if you are unable to swim, you may still row. IRC has PDF's available for those who do not have a swim test on file.