

Swim Test

In accordance with USRowing safety guidelines, all IRC rowers (members and juniors), must pass a swim test. No rower will be allowed on the water in an IRC boat unless they have completed the swim test and submitted the signed form to the coach. Without a completed swim test, participants must wear a life vest. Once completed, a form will remain on file for 6 years. This form is to be completed by a certified Lifeguard.



The swim test consists of:

- Demonstrating the ability to float and/or tread water for ten minutes. Dressed in typical rowing gear i.e. shirt & shorts.
- Putting on a PFD while in the water while floating

Take this form to any pool with a certified lifeguard on duty. Ask the guard to observe that you can do the tasks listed above. Bring the completed form to IRC before 1st on the water practice.

Rower's name (printed and legible): _____

Please indicate membership or program: Member _____ Junior _____ Collegiate _____

Lifeguard's name (printed): _____

Lifeguard's signature: _____

The pool at which the test was completed: _____

Phone number of pool or guard: _____

Date passed: _____

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