

JRHS Crew Swim Test Form

Date of test: _____

Rower Name: _____

100 Meter Swim
able to swim 100 meters in any style:
<input type="checkbox"/> Pass
<input type="checkbox"/> Fail
rating: _____

Water treading
able to tread water for 5 minutes:
<input type="checkbox"/> Pass
<input type="checkbox"/> Fail
rating: _____

Life Jacket use
able to put on life jacket while in water:
<input type="checkbox"/> Pass
<input type="checkbox"/> Fail
rating: _____

Rating scale: successful adequate retest

1 2 3 4 5

Comments:

Signatures: (printed and signed)

Rower: _____

Test Administrator: _____

Administrator must be coach or certified lifeguard. **List employer or provide proof of certification**

Parent/Guardian: _____

This form must be completed, with all required signatures and turned in with registration. Failure to perform any of the tasks constitutes a failed swim test and prohibits a rower from getting on the water. We urge form completion by August, but if you are not able to meet with a lifeguard before school starts, team swim tests will be given Sept. 15.