

# 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 .