



Swim Test / Attestation

While swimming is not an integral part of standard rowing activities, it is a requirement for safety purposes. Boats may capsize or swamp, therefore it's critical that participants have basic skills in the water. **NOTE: *It is always recommended that one tries to stay with equipment and teammates if in the water during an emergency. Do not try to swim to shore unless as a last resort (i.e. no equipment is floating and nobody is nearby to help). Equipment can be used as flotation and be "pushed" to shore even if upside down.***

If under 18 years of age (as of June 1, 2009):

The *Springfield JCC* (1160 Dickinson Street, Springfield) and *YMCA of Greater Springfield* (275 Chestnut Street, Springfield) have both agreed to allow participants to arrive at their facility's "Open Swim" for testing. Please, coordinate with the life guard on duty to watch and time your test. Make sure he/she signs upon completion of the test.

I have completed a swim test with a certified life guard which included a minimum of:

- 200 yard swim
- 10 minute treading water

Signed by participant: _____

Signed by parent/guardian: _____

Signed by life guard: _____ Date: _____

Life guard facility and phone: _____

If 18 years of age or older (as of June 1, 2009):

I attest that I am capable of swimming and feel comfortable being in water which will keep me safe in the event of a capsize or swamping situation. I am confident that the above distances and length of treading water are within my ability.

Signed by participant: _____ Date: _____

Date of Birth: _____