

AUGUSTA JUNIOR ROWING PROGRAM SWIM TEST POLICY AND PROCEDURES

Rowers under age 18 are not fully cleared for participation in the sport until they have completed a swim test. Rowers are only required to pass one swim test during their first season. The swim test *may be waived* upon proof of lifeguard certification, past or present membership in a swim league or on an athletic team, or proof of completion of a recognized community swim program/class.

The test will consist of:

1. Tread water for a minimum of 5 minutes.
2. Swim at least 50 meters using any stroke without stopping for assistance.

Option 1 - ON SITE GROUP AND INDIVIDUAL TESTS

This test is conducted at the boathouse in the river and administered by the coaching staff. The test may be given to one person and up to a maximum of 8 people at a time.

Option 2 - OFF SITE GROUP AND INDIVIDUAL TESTING

This test is conducted at a private or public pool and administered by the coaching staff. The test may be given to one person and up to a maximum of 8 people at a time.

Option 3 - OFF SITE INDIVIDUAL TESTING

This test is conducted by a Certified Swim Instructor/Lifeguard at a private or public pool with prior approval by a coach. This may be arranged when group testing has been missed or scheduling conflicts necessitate individual testing. The Instructor/Lifeguard must sign and complete the information below, and the rower must return this form to a coach.

Off-site testing may be completed at **The Family Y**, 3570 Wheeler Road, Augusta. Phone: 706.922.9622 Hours: 5am-10pm Mon-Fri; 7am-6pm Sat; 1-6pm Sun

1. If you are not a member, show this form at the front desk and they will allow you in for the swim test.
2. Proceed to the indoor pool area and give this form to the lifeguard. He/she will then administer the swim test.
3. Completed swim test form should be returned to your coach.

This person has my permission to proceed to the indoor pool for the administration of a swim test for the Augusta Junior Rowing Team.

Collette Wolfgram - The Family Y - Aquatics Director

Augusta Rowing Club Swim Test Form (to be completed by a Certified Instructor/Lifeguard)

Name of Rower: _____ Date of Swim Test: _____

Location: _____

Test: Tread water for 5 minutes AND swim 50 meters using any stroke without stopping or assistance.

Comments: _____

Name of Certified Swim Instructor/Lifeguard (printed) _____

Telephone contact _____ Signature: _____

Chapter and Location where certified: _____ Date certified: _____