

**PSU Viking Crew  
Swim Test Form**

The risks of drowning while participating in any rowing-related activity are minimal, yet possible. Therefore, prior to any water-based activity, the following swim test must be passed and the form completed. The Swim Test Form will be kept on file with the Club.

**Swim Test requirement:**

- 1) **Swim any stroke or combination of strokes for 10 minutes without interruption.**
- 2) **Immediately following, the participant must float or tread water for an additional uninterrupted 10 minutes.**

**At no time during the swim test is the participant allowed to put their hands on the side of the pool or to touch the bottom of the pool.**

**Instructions:**

Proceed to your pool of choice. Contact the life guard or swim instructor and ask them to administer this swim test. Have them complete the information below. Give this form to the coach of the appropriate officer.

This swim test application is in compliance with recommendations made by the United States Rowing Association.

**Participant name (print):** \_\_\_\_\_

**Participant phone (home):** \_\_\_\_\_ **(work):** \_\_\_\_\_

**10 minute swim:** \_\_\_\_\_ **10 minute float/tread:** \_\_\_\_\_  
(Lifeguard initial) (Lifeguard initial)

**Lifeguard comments:** \_\_\_\_\_

**Lifeguard signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Certification:** \_\_\_\_\_ **location:** \_\_\_\_\_