

ORU Swim Test

The risk of drowning while participating in the sport of rowing is minimal, yet possible. We take your safety very seriously. Therefore, prior to any water-based workout, you must complete a swim test. This form will be kept at Oaks Park for the duration of the athlete's involvement with ORU.

Instructions:

Take this form to a lifeguard or swimming instructor and ask them to administer the following test for you.

1. 10-minute swim test passed _____ Lifeguard initials

Swim any stroke or combination of strokes for an uninterrupted for a 10-minute period.

2. 10-minute float test passed _____ Lifeguard initials

Float or tread water for 10 minutes without touching the sides or the bottom of the pool.

Swim Test

Swimmers Name _____

Print Name _____

Location of Test _____ Date _____