



Swim Test

In accordance with the US Rowing safety guidelines, all RowHouse rowers must pass a swim test. No rower will be allowed on the water in RowHouse boats unless they have been previously tested. All new rowers must have completed the simple swim test and submitted the signed form. Once completed, the form will remain on file for 4 years.

Rowers should be able to:

1. Swim freestyle for 50 yards non-stop.
2. Tread water for 5 minutes.
3. At the end of the 5 minutes, without a break, put on a lifejacket.

Signed: _____ Date: _____