



Swim Test

In accordance with the US Rowing safety guidelines, all rowers training at Miami International RowHouse must be able to swim. All rowers must be certified by a parent or instructor confirming that they can do the following if ever necessary.

Rowers should be able to:

1. Float or Tread water for 10 minutes.
2. At the end of the 10 minutes, without a break, put on a lifejacket.
3. Climb out of the pool unassisted.

I certify that _____ is able to meet the above swim test requirements for the rowing program.

Certified By: _____

Signed: _____

Parent or Instructor