

SWIM TEST GUIDELINES

Why does Oakton Crew require a swim test?

Every high school rower in Virginia is required to take a swim test before getting out on the water, and we put the safety of our athletes before anything else. US Rowing suggests a test that replicates the conditions you could experience if you catch an ejector crab while rowing (i.e., you flip out of your boat).

What's required during the swim test?

While wearing a t-shirt and shorts over your swimsuit, you will need to:

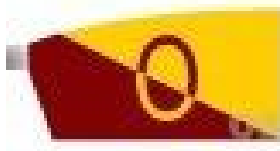
Swim 100 meters without touching the side of the pool. This is one lap of the pool — there is no time limit, and you can use any stroke you like. This is not the Olympics and there are no points for style, we just have to know you can swim while wearing clothes.

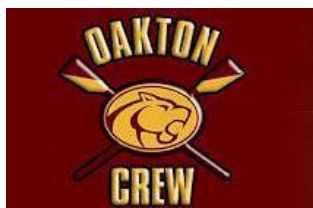
Then tread water for five minutes — Stare at the ceiling, float on your back for a bit, contemplate the universe, just don't sink for five minutes while you wait for your coach to toss you a life vest, and then ...

Put on a life vest while treading water. If your whole boat ends up in the river (it's rare, but occasionally it happens), your coaches will get life vests to everyone to keep you safe while your teammates are getting fished out and returned to the boat.

But why do I need to wear clothes for this test? Because you won't be wearing your bathing suit while you row, and it's a very different experience to be in the water while fully dressed. We want to make sure you're safe in natural conditions.

Don't Forget: Bring a plastic bag for your wet clothes after the test, and a set of dry clothes to wear home!





Oakton Cougar Crew Booster Club Swim Test Certification

This swim test demonstrates the minimum level of swimming ability required for safe deep-water swimming. The requirements of the test evaluate the skills essential to the minimum level of swimming ability.

Every rower must complete a swim test before entering a rowing shell or coach's launch.

This certificate certifies that _____ has successfully completed a swim test which included:

- ☐ *Swimming 100 meters (any stroke, no time limit) without rest*
- ☐ *Treading water for 5 minutes*
- ☐ *Securing a life vest accurately while treading water*

NAME OF PERSON CONDUCTING THE TEST:

Print Name

Signature

Qualification

Date

Location of Test