

### **Austin Rowing Club Swim Test**

The swim test will take place at a pool where a lifeguard is on duty.

The 5 minute timer will be started.

ROWER will jump into the pool, going completely under.

Upon surfacing ROWER will wave one arm above their head.

ROWER will then turn 90 degrees 4 times, repeating the arm wave each time, completing a circle.

ROWER will swim with head up 20 meters without touching the bottom, or holding onto any assistance.

ROWER will tread water the remainder of the time up to the 5' total.

ROWER will push themselves onto the pool deck without having a foot initially touch the side wall or the bottom.

DATE:

Parent Name:

Parent Signature:

Pool Name:

Rower(s) Name: