



## Swim Test

All rowers must have a current swim test on file with the Everett Rowing Association. Swim Tests can be conducted at any pool by a qualified lifeguard. Testing must be done before a rower is allowed on the water without a personal flotation device.

### Rowing Swim Test:

- \*Swim 100 yards using any style or combination of styles
- \*Tread water in workout clothes an additional ten minutes
- \*Put on a life preserver while in the water during the last 2 minutes of tread

Name Of Rower: \_\_\_\_\_

Place Of Test: \_\_\_\_\_ Date: \_\_\_\_\_

Signature Of Examiner: \_\_\_\_\_

**Once completed, turn into ERA office / mailbox @ the boathouse**

**Or mail to: ERA, PO Box 1774, Everett, WA. 98206**