

LAKE OSWEGO COMMUNITY ROWING
MANDATORY SWIM TEST

The risks of drowning while participating in the sport of rowing are minimal, yet possible. Therefore, prior to any water-based workout, instruction, or recreational participation in Lake Oswego Community Rowing requires a swim test be completed and passed.

The swim test is composed of two ten-minute segments. The participant must swim any stroke or combination of strokes for ten minutes without interruption, immediately followed by a ten-minute period of floating or treading water. At no time during the test is the participant allowed to put hands on the pool sides or touch the bottom.

Instructions: Take the form, located on the back of this sheet, to any school or community pool, YMCA, athletic club, etc. and ask the lifeguard or swim instructor to administer the swim test. Out of courtesy, try to schedule your swim test ahead of time. Have the lifeguard or swim instructor complete the information on the form. *Return the form to your instructor at the first class.*

Note: The test must be administered by a lifeguard or swim instructor who has passed the Red Cross or YMCA Life Saving course or is a Water Safety Instructor (WSI).

Swim pool locations: Below is a list of local public swimming pools where the test can be administered; however, the test can be administered at any convenient location.

Lake Oswego School District Pool	2400 Hazel Road, Lake Oswego	(503) 635-0330
North Clackamas Aquatic Park	7300 SE Harmony Rd, Milwaukie	(503) 794-8080
Dishman Pool	77 NE Knott, Portland	(503) 823-3673
Portland Parks		(503) 823-SWIM

LAKE OSWEGO COMMUNITY ROWING
MANDATORY SWIM TEST FORM

Lake Oswego Community Rowing requires that all participants take and pass a swim test prior to participation in rowing classes and activities. The test must be administered by a lifeguard or swim instructor who has passed the Red Cross or YMCA Life Saving course or is a Water Safety Instructor (WSI).

Instructions for Lifeguard:

Please administer the following test:

1. Swimmer must swim any stroke, or combination of strokes, for 10 minutes without interruption.
2. Immediately following, the swimmer must float or tread water for an additional 10 minutes.
3. At no time during the swim test is the swimmer allowed to put his/her hands on the side of the pool or touch the bottom.

Note: This test is being administered with the understanding that it is done in the controlled environment of an indoor pool and does not assess the swimmer's ability in an "open water" environment. It is also understood that the lifeguard's signature only reflects the swimmer's ability to pass the test on the date indicated.

Please complete the following information.

SWIMMER INFORMATION	
Name	_____
Phone	_____ Date of test _____

TEST RESULTS	
Complete the following if the test was successfully completed:	
10 minute swim	_____ (lifeguard initials)
10 minute float	_____ (lifeguard initials)
Lifeguard comments	_____

LIFEGUARD INFORMATION	
Name (please print)	_____
Signature	_____
Certification	_____
Location	_____