



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