

OREGON ASSOCIATION OF ROWERS (OAR)
Swim/Tread Water Test Form

To be a member of OAR, you are required to pass this swim and tread water **Test** or provide documentation of having passed a test with comparable requirements at another club.

The Test is to be completed and this form returned to OAR Membership Chair PRIOR to being accepted as an OAR member and participating in OAR club rowing.

This test is to be done at a swimming pool under the supervision of a Red Cross certified lifeguard while wearing attire suitable for rowing (no shoes).

Swim/Tread Water **Test** Requirements:

- Swim 100 yards unassisted without touching the floor of the pool (no time limit).
- Tread water unassisted for 10 minutes.

Instructions:

- Contact swimming pool convenient to you to schedule time to do the **Test** when a certified lifeguard is on duty.
- Check-in with lifeguard and ask them to supervise the **Test**.
- Have the lifeguard complete PART B and sign the form below.
- Upon completion of PARTS A and B return this form to OAR Membership Chair.

PART A:

Participant's Name (print): _____

Participant's Signature: _____

PART B, **Lifeguard to complete:**

The above individual has successfully completed the 100 yard swim and 10 minute tread water **Test** as required by OAR.

Pool Name: _____

Date: _____

Certified Lifeguard's Name: _____

Lifeguard's Signature: _____