



Brighton Rowing Club Swim Test Form

The purpose of the swim test is to assess whether, in the event of an emergency, the participant is comfortable enough in the water to remain calm and afloat, get back to the boat and hang on, and follow instructions of coaches on what to do next. Swimming speed or style is not relevant.

Athlete's Name (printed)	
Date of Test	
Tester Name & Signature	
Tester complete this section	<ul style="list-style-type: none">● Participant is able to tread water for 10 minutes, while wearing a sweatshirt ● Participant is able to swim 50 yards any stroke <p>Comments (if any):</p>