



**Tulsa Rowing Club**  
**Swim Test Certification Form**

I understand that participation in rowing activities with the Tulsa Rowing Club requires successful completion of a swim test. This test consists of two parts:

1. The first part requires the participant to swim any stroke or combination of strokes for an uninterrupted 100 yards.
2. The second part of the test requires the participant to float or tread water for 10 minutes.

At no time during these tests is the participant allowed to touch the sides or bottom of the pool.

I understand that failure to pass both segments with the test shall prohibit the participant from any on-water rowing activities of Tulsa Rowing Club.

I release Sooner Rowing Association (DBA Tulsa Rowing Club), its agents, coaches, representatives, or other officials from any and all liability related to or incurred during the administration of the swim test.

**Instructions:**

Take this form to a certified lifeguard or swim instructor (herein “certified” is defined as someone who has passed the Red Cross or YMCA Life Saving Course and/or is a Water Safety Instructor) and ask them to administer the above test for you. They must sign and date this form. Return the signed and dated form to your coach.

**Swimmer's Name:** \_\_\_\_\_

**Lifeguard/Water Safety Instructor Signature** \_\_\_\_\_

**Location of Test:** \_\_\_\_\_ **Date of Test:** \_\_\_\_\_