

**MELBOURNE H.S. Crew
Rowing Participant
Swim Test**

SWIM TEST DETAILS:

All New Rowers to MHC Must Have a Swim Test Completed/Submitted Prior to Starting Camps or Teams. This is a water sport requiring the ability to tread water for 5 minutes at a time and swim for 250 yards if a boat were to overturn. While it is rare for boats to overturn, we must be prepared. The safety of our student rowers is our top priority.

- Find a public pool of your choice with a lifeguard that agrees to administer the test, ideally call the pool ahead to verify before you go.
- Bring this printed form with you to the pool / lifeguard to sign when they administer the swim test.
- Once completed, take a clear picture of your student's swim test with your phone OR scan it into your computer and send it to mymelhighcrew@gmail.com

If you aren't sure which pool to go to, the lifeguards at the Indian Harbour Beach Recreation Center Pool at Gleason Park are familiar with swim test and will administer for \$2 dollars a test. They prefer you call ahead to set a time. You can expect the time they request to be after 3pm. They are open 7 days a week, closing at either 6:30 or 7 pm each day, so it would be safe to plan for between 3:30 and 5:30pm.

I.H.B. SWIMMING POOL is located at 1233 Yacht Club Blvd., Indian Harbour Beach, FL, 32937 - Phone (321) 773-0552

All participants in Melbourne High School rowing programs are required to complete the following 2 part swim test for safety on the water. Successful completion of this test may be verified by any certified lifeguard.

_____ (First and Last Name of Rower/Swimmer)

has demonstrated the ability to

- 1. swim 250 yards (which is 10 lengths OR 5 laps of a 25 yard length pool) using any combination of strokes as long as swimmer maintains forward progress and does not stop or touch down to the bottom of the pool in so doing. There are no speed or time requirements for this portion of the test.**
- 2. In addition, this rower/swimmer was able to tread water for 5 minutes.**

Signature of Certified Lifeguard:

Printed Name of Lifeguard:

Date: _____

My child can swim and completed this test under the supervision of a certified lifeguard.

Signature of Rower Parent:

Printed Name of Rower Parent:
