



Olympia Area Rowing Junior Program

Swim Test Form

Rowers must complete a swim test in order to participate in OAR water activities. If you have already taken one for OAR, it is **valid for 4 years**, and we have it on file. The swim test is **not** given at OAR except in special (summer) circumstances.

The swim test may be taken at any pool witnessed by a certified lifeguard. Some suggested pools are:

- The Evergreen State College (360) 867-6536
- The Valley Athletic Club (360) 352-3400
- YMCA-Briggs (360) 753-6576
- YMCA-Downtown (360) 357-6609

LIFEGUARD STATEMENT:

I certify that (Rower Name:) _____ has successfully completed the swim test necessary to participate in the Olympia Area Rowing Sweep Program. This involves jumping into deep water (over your head), wearing workout clothes (shorts and a shirt, no shoes), and treading water without assistance for at least 10 minutes.

Lifeguard Signature: _____

Lifeguard Name (printed): _____

Facility: _____

Date & Time: _____

Phone: _____

This Form Is Required Every Four (4) Years