

# Swimming Ability Statement

The Buffalo Scholastic Rowing Association requires team members to complete a swim test. 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, hang on, and follow instructions of the coaches on what to do next. Swimming speed or style is not relevant. Any athlete who is unable to successfully pass the swim test must wear a PFD (Personal Floatation Device) when rowing.

## Swim Test Requirement:

- Participant can tread water for 10 minutes while wearing a tee shirt.
- Participant can swim 50 yards, while wearing a tee shirt.
- The participant is not permitted to rest on the side of the pool or touch the bottom of the pool during the test.

A swim test will be scheduled at the beginning of the season for new rowers. A copy of the test results or an exemption will be kept on file with BSRA.

To be exempt from this requirement, a parent may complete this form to attest to the athlete's ability to meet the minimum swimming requirements. Complete electronically or print and complete: email form back to [info@rowbuffalo.com](mailto:info@rowbuffalo.com).



My child, \_\_\_\_\_, demonstrates the ability to complete the swimming activities listed above.

Additional documentation (optional, but preferred):

Red Cross Swim Card; please attach a copy of the swim card

OR

My child participates in a swim program through a school, athletic or other organization:

Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone or Email: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_