



## Princess Anne High School Crew Club Swim Test & Policy

The Princess Anne Crew Club Swim Policy consists of 1) watching a safety video and 2) completing a swim test **or** providing an acceptable alternate form of proof of swimming ability.

### 1) Video

All Princess Anne High School Crew Club rowers are required to view the USRowing Safety Video once a year. It can be found online at [YouTube hosted video here: https://youtu.be/Rx5SUE\\_RdgQ](https://youtu.be/Rx5SUE_RdgQ). A signed form is required from each rower and his/her parent or guardian stating they have viewed the U.S. Rowing Safety Video and understand all of the program's safety protocols.

I verify that I have watched the above video.

### 2) Test

Rowers are not fully cleared for participation in the sport until they have completed a swim test. Rowers are only required to pass one swim test for the duration of their participation with PACC. The test will consist of 3 parts:

- (a) The ability to tread water for 10 minutes;
- (b) swim the length of pool and back without touching the bottom or side of the pool;
- (c) Put on a life vest while in the water and climb out of the water.

Swimming tests will be held once a season in an indoor swimming pool at a Virginia Beach Parks and Recreation Center. Pertinent information will be provided in advance of any swim test date.

#### ***Religious Exemption to the Swim Test:***

If a rower is unable to participate in the test on the grounds of religious restrictions, their parent / guardian must attest in writing to the rower's ability to swim to the end of a pool that is at least 6 feet deep using any stroke without assistance, their ability to tread water for 10 minutes, and to put on a life jacket in the water and climb out of the water. This form may be obtained upon request from the Secretary to the Board.

#### **Acceptable Alternate Proof of Ability**

The swim test ***may be waived*** upon proof of

- lifeguard certification,
- past or present membership in a swim league or on an athletic team
- or proof of completion of a recognized community swim program/class.

Any such proof must be approved by the Head Coach, copied and attached to this form and remain on file for the duration of the rower's participation with PACC.

**Please choose one of the following options:**

- I intend to take the swim test
- I am a returning PACC rower and have already taken and passed the swim test
- I intend to provide an acceptable alternate proof of swimming ability and have attached a copy of that documentation to this form.
- I intend to apply for an exemption from the swim test based on religious grounds.

**Rower Name** \_\_\_\_\_ **Rower Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Name** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_