



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 <http://www.usrowing.org/safety-video/>. 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** _____