



Policy Name: Water Safety Test Policy

Policy Number: WTS201907

Adopted: 01/15/2016

Revised: 07/24/2019

Policy:

All athletes, coxswains and rowers, are required to complete a swim test administered by Central Ohio Rowing or obtain a swim test certification from an approved organization e.g. YMCA, Dublin Rec Center.

Athletes must be able to:

- tread water for 15 minutes
- swim at least 100 meters (approximately 82 feet), and;
- proceed to put on a life preserver while in the water.

Failure to be able to do so will require the athlete to wear a life preserver at all times, no exceptions.