



Mill Town Rowing

SWIM TEST CERTIFICATE

USRowing, the governing body of crew clubs in the United States, requires each club to ensure that each crew member has passed the required swim test before taking part in any rowing related water activity. **Novice rowers and coxswains must pass the swim test before being allowed on the water.**

The swim test must be administered by an adult, 18 years or older, who is also a registered life guard, pool operator, or supervisor at a pool/rec-center. This individual cannot be a family member of the individual being tested.

Tests are valid for a period of one (1) year.

Rower's Name _____

Test Date: _____ **Location:** _____

Athletes taking this test are required to swim in clothing similar to that which they will be wearing while rowing. Examples include: t-shirt and shorts, compression or spandex shorts are acceptable (shoes not required). Rowers and coxswains are to swim 100 meters without stopping or touching the walls or bottom (no breaks are allowed).

After swimming the 100 meters, rowers and coxswains should begin treading water for 10 minutes. At the completion of 8 minutes, a life jacket will be tossed to the rower/coxswain and, while treading water, will put on the life jacket and buckle it prior to exiting the water. **Stopping, touching the pool floor, or the wall is not authorized during any part of the swim test.**

_____ Two lap/100 meter swim (any stroke no time limit)

_____ Tread water for ten minutes

_____ Put on life jacket while in water

The rower named above has **PASSED / FAILED** the swim test.

Lifeguard's Name: _____ **Lifeguard's Signature:** _____

Lifeguard's Accreditation: _____ **Expiration Date:** _____

EVERETT-AREA SWIM TEST LOCATIONS

Below is a list of area YMCA locations, along with other facilities, and the information regarding swim test times, fees, etc.

Everett Family YMCA

4730 Colby Ave / Everett / WA / 98203

425.258.9211

Swim test available the 3rd Monday of each month
at 630pm

Mukilteo Family YMCA

10601 47th Pl W / Mukilteo / WA / 98275

425.374.5779

Swim test available the 3rd Monday of each month
at 630pm

Marysville-Pilchuck Pool

5611108th St. NE / Marysville / WA / 98271

360.965.2035

Drop-in basis during open swim

[Schedule](#)

McMenamins North Shore Lagoon Swimming Pool

18709 Bothell Way NE / Bothell / WA / 98011

425.219.4359

Drop-in basis during open swim

[Schedule](#)

Snohomish Aquatic Center

516 Maple Avenue / Snohomish / WA / 98290

360.568.8030

Drop-in basis during open swim

[Schedule](#)