

Olympia Area Rowing requires a documented float test in order to participate in on-water activities as a part of its Safety Plan. Athletes cannot “self-attest” and float tests must be overseen by a certified lifeguard.

The Test

OAR’s float test involves jumping into deep water (over the athlete’s head), wearing workout clothes (shorts/leggings, shirt, and socks), and floating, treading water, or swimming, without assistance for at least 10 minutes. At the end of the 10 minutes, while still treading water, the athlete must also don a lifejacket tossed to them in the water (defined as placing the lifejacket over one’s head and clipping the waistband around one’s body).

Passing

Successful completion of the float test grants the following:

- Adult/Youth athletes are not required to wear a lifejacket while rowing in a coached program
- Adult athletes can row independently without a coach and safety launch present

Failing

Unsuccessful completion of the float test sets the required limitations:

- Adult/Youth athletes must wear a lifejacket while rowing in a coached program
- Adult athletes cannot row independently and must have a coach and safety launch present

Exempt

Regardless of float test pass/fail status:

- Anyone riding in a coach’s safety launch is required to wear a lifejacket
- Coxswain athletes are required to wear a lifejacket while coxing

Renewal

Float tests are valid upon successful completion. They must be renewed and documented every:

- 5 years (athletes 49 and under)
- 3 years (athletes 50 and above)

I certify that the rower noted below is able to successfully complete the float test as defined above.

Lifeguard Printed Name

OAR Rower Printed Name

Lifeguard Signature

Date

Facility