



FHC Rowing – Team Policies – 2010



Swim Test

When: Friday, March 12, 2010

Time: Boys 3:05 to 3:35
Girls 3:45 to 4:15
Please be on the pool deck at your assigned time!

Location: Forest Hills Aquatic Center, use lower level Ada Drive entrance. Pool access is obtained through the men's or women's locker rooms.

This test is MANDATORY for all rowers and coxswains regardless of experience or previous testing!

The test will consist of:

Tread water for 10 minutes while wearing full set of sweat clothes

Demonstrate the ability to place a life jacket on while treading water

*The above are accomplished consecutively while remaining in the pool.

*Groups of approximately 12 athletes enter the pool every 6 minutes.

Each individual is required to wear clothing appropriate for early April rowing i.e. long pants with jacket or sweatshirt. (Long sleeve T-shirts are NOT acceptable). You will be entering the water with the clothing on. We will be testing your ability to stay afloat until a safety launch can get to you if necessary.

This is a standard test recommended by USRowing. Your safety is at stake. ***This test should not be taken lightly.*** The coaching staff will work with any individual who may have trouble with this test.

State law requires that all athletes MUST shower before entering the pool area. Please shower PRIOR to putting your long pants and sweatshirt on. All clothing being worn in the pool MUST be clean, no exceptions.

State law also requires that *No street shoes be worn on the pool deck.*

All team members should bring a towel and dry clothes to change into after the test. Please take all of your wet clothing home with you!

A make-up date is extremely difficult to schedule so please make every attempt to attend during the published times.

If you are aware that you may have difficulties with this test, please use the open swim sessions offered by the aquatic center to practice prior to the test. The aquatic center staff will allow you to enter the pool with the required clothing if you let them know that you are practicing for the rowing team swim test.

Due to safety concerns, there can be no exceptions for athletes that cannot pass this swim test.