



SWIM TEST

Why does Langley Crew do a swim test?

Safety first! We need to be sure all of our athletes are water safe.

We have developed a swim test over the years that helps to replicate the conditions you might experience should you ever fall out of a boat.

We are going to ask you to do the following:

We are going to ask you to put on some clothes over your swim suit:
a long sleeve T-shirt and shorts

100-meter swim (any stroke, no time limit) without rest

This is two laps of the pool; it doesn't have to be fast or pretty. But we have to know you can swim. Yes, while wearing the clothes.

Tread water for two minutes—yes, while wearing the clothes.

The reason why: if you ever tip out of a boat we want you to have the experience of going into the water with clothes on. During practices, you'll be in clothes, not a swim suit. And it's a very different sensation to be in the water, fully dressed.

Finally, we're going to toss you a life vest and teach you how to secure it while treading

water. Again, we're trying to make this realistic. The coach would throw you a vest, not hand it to you, if you were in the water.



PARENT TIP: Bring a trash bag for the wet clothes after the test!

Langley High School Crew
SWIM TEST

Student Name: _____ Date: _____

Grade _____

I certify that at the date and location indicated below, the above named student took a swim test that included:

- ❖ 100-meter swim (any stroke, no time limit) without rest and
- ❖ 2 minutes treading water.
- ❖ Secure life vest accurately while treading water.

Place of test: _____

Circle one: **Pass** **Fail**

Lifeguard's printed name: _____

Lifeguard's signature: _____

Lifeguard's phone number: _____