



ST. CATHARINES ROWING CLUB
ABILITY TO SWIM / ATTESTATION FORM
(This form to be completed annually)

The risks of rowing are significant and covered in some detail in the Rowing Canada Aviron/St. Catharines Rowing Club (RCA/SCRC) waiver. The primary risk is death by drowning. The best way to reduce the chance of drowning is to be able to swim. The Ability to Swim/Attestation Form serves a dual purpose: all participants in the programs of the SCRC will either be required to pass a swim test outlined below, or, if the participant is eighteen (18) years of age or older, will be required to attest to the ability to swim to the level outlined by the swim test and sign the attestation form. If the swim test cannot be passed, or the participant is eighteen or older and the participant is not able to attest to the ability to swim, the individual will be permitted to partake in club activities only with the permission of the Club Captain and have an approved PFD with them at all times when on the water.

Regardless of the forgoing, per OPHEA Standards (2021), rowers training for high school crews will not be permitted to row under the auspices of the SCRC if the participant cannot pass the swim test.

The swimming ability standard was developed with the guidance of The Royal Lifesaving Society, Canada, Ontario Branch.

SWIM TEST:

While fully clothed in traditional early Spring rowing clothing, the person is able to perform the following tasks:

- From the side of a pool, roll into deep water
- Once in the water, tread water for four (4) minutes with no access to any support
- After treading water for four (4) minutes, swim one hundred (100) metres
- After swimming one hundred (100) m, demonstrate the ability to put on a personal flotation device (PFD) while still in the water deeper than one's height.

The following individual has passed the above swim test:

Name of individual: _____ DOB: _____

Name and signature of Certified Lifeguard administering swim test:

Name (print): _____

Signature: _____

Date: _____

ATTESTATION*

(For Persons 18 Years of Age or Older who do not participate in a swim test)

I attest that I am able to meet the requirements of the swim test.

Please complete the following statements by circling YES or NO as appropriate, and sign below.

I possess a current Bronze Medallion or higher swimming certification YES NO

I have not done the swim test this year, but I am a proven strong swimmer
capable of completing the swim test YES NO

Participant's name (print): _____

Participant's signature: _____

Date (DD/MM/YY): _____

*Note: The Club Captain has the authority to challenge this attestation if warranted.

Updated February 13, 2024

To be reviewed by the Board annually.