



Swimming Attestation Policy for guests of ARC- Updated 12/2023

ARC Guest rowers and “Try-It” participants may attest that they possess the requisite swimming skills to pass a Swim Test. Participants should then complete an actual Swim Test if and when they join the ARC program. A Swim Test must be completed under the direction of a certified lifeguard. Individuals who are unable to pass a Swim Test must instead wear a life jacket at all times while out on the water.

Requirements are, per US Rowing recommendations:

Swim 50 yds without stopping

Tread water for 10 min.

Don a lifejacket, swim from the deep end to the shallow end with the lifejacket on.

I, _____ (printed name of participant) attest that I possess the requisite swimming skills to pass a Swim Test.

Participant signature Date

Signature of parent or guardian Date

