



Spring 2021 Swimming Attestation

For Spring 2021, area pool access is limited as a result of the COVID-19 global pandemic. Therefore, as a short-term alternative to Swim Test completion, ARC Try-Its participants may instead attest that they possess the requisite swimming skills to pass a Swim Test. Participants should then plan to work on completing an actual Swim Test as soon as possible. A Swim Test is usually 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 where treading water 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