



Buckingham Browne and Nichols School

80 Gerry's Landing Rd., Cambridge, MA 02138

Swim Test Form

Upon joining the team, every rower must provide satisfactory evidence of swimming ability **BEFORE** getting in a boat. There will be no exceptions to this requirement, so please don't ask. It is your responsibility to obtain the approved certificate and return to the coaching staff in person, or via email to Coach Guilmet (sguilmet@bbns.org). You should keep a copy for your records.

BB&N Crew requires one of the following:

- Boy Scouts/Girl Scouts of America Lifesaving Merit Badge
- Red Cross Lifeguard Training Certificate
- Swimming ability document from a previous rowing club which meets the criteria
- Scuba Certification

If you are unable to provide one of the items above, you may take a swim test at your convenience at **any pool of your choice.** (Local YMCAs are great options)

The Swim Test Requirements (Please check off each box upon completion)

100 yards (4 lengths) of continuous swimming, using any stroke or combination of strokes, without stopping or resting. There is no time limit or specific stroke requirements.

5 minutes of treading water (staying afloat)

I hereby certify that _____ has completed the swim test requirements as stated above on this date: _____.

Signed: _____ Printed name: _____

Aquatic Fitness Specialist, YMCA-- OR --Lifeguard on Duty

Pool Name/Address: _____

