

OURCs Swim Test Info

Further information can be found at <https://ourcs.co.uk/safety/swim-tests/>.

Where to go:

Swim tests are held in the Rosenblatt Pool at the University's Iffley Road Sports Centre.

What to bring:

- **Bodcard** (or photo ID for those who do not have a University card)

- **Clothes to swim in:**

- t-shirt (not sleeveless)

- shorts or leggings

A swimming costume may be worn (underneath the clothes), goggles may not.

- **Towel, dry clothes & a bag for your wet clothes after the test**



When to arrive:

Arrive at least **15 minutes before** your booked slot. This will give you time to be signed in and briefed ready to take the test at the booked time.

What to do when you arrive:

1. Bring your Bodcard to the OURCs desk (not the Sports Centre reception) and sign in.
2. Watch the instructional video in the cafe, from start to finish.
3. Use the pool changing rooms to get changed into the kit you will wear for the swim test (t-shirt and shorts/leggings) and store your dry clothes.
4. Go to the pool for your test, keeping your Bodcard with you.