**Swimming Competence Self-Certification Form**

Rowing is a sport which takes place on water, as such there is a real risk of capsize and/or athletes ending up in the water. In the interests of safety all participants must be confident and competent swimmers.

All participants must complete this form, or an equivalent, BEFORE they take part in any on-water session. It is the club’s responsibility to ensure that this is done.

By signing this form, the individual confirms the following:

**I certify that I am able to swim at least 50 metres in light clothing**

**(rowing kit).**

**I certify that I am able to tread water for at least 2 minutes.**

**I certify that I am able to swim under water for at least 5 metres.**

**You should only sign this form if you are *certain* you have done all the above before, not solely because you hope that you might be able to do them when tested.  This is an important safety declaration.**

Date:

Name:

Signed:

Please note that all rowers and coxes should be swim tested at the first available opportunity.

**No athlete who has yet to pass an OURCs swim test may go out onto the water following their fifth session or, following the failure of such a test, until they subsequently pass.**

If an athlete is not confident that they can meet the above requirements they should complete swimming lessons at the earliest available opportunity in order to improve their abilities to meet the above standard. This can be organised through Iffley Road Sports Centre, for more information please contact the Sabbatical Officer ([sabbatical@ourcs.co.uk](mailto:sabbatical@ourcs.co.uk)).

Swim tests are valid for 6 years. After that, in order to either row or cox, athletes must sign a declaration with their college (like the one above) that they can still swim, though they are encouraged to retake the test if reasonably possible.

In order to race once the initial OURCs swim test has expired, the swim test must be retaken. However, for those who have previously passed an OURCs swim test only, this may be done with an external reputable swimming instructor, who must then email the Sabbatical Officer ([sabbatical@ourcs.co.uk](mailto:sabbatical@ourcs.co.uk)) stating their qualification, that the person in question has completed the three elements of the swim test with them, and the date of the test. The Sabbatical Officer can advise on any queries.