



## Tulsa Youth Rowing Association

### Information on Swimming Ability Requirement

Upon participating in gROWth, rowing summer camps, or joining the Tulsa Youth Rowing Association, every rower must provide satisfactory evidence of their swimming ability BEFORE getting into a TYRA boat. There will be no exceptions to this requirement. It is the responsibility of the participant to obtain an approved certificate and bring to the first day of practice or camp. This must be done BEFORE a participant will be permitted on the water.

TYRA requires one of the following as a swimming ability document:

- Boy Scouts of America Lifesaving Merit Badge
- Current Red Cross Lifeguard Training Certificate
- Swimming ability document from a previous rowing club which meets our criteria
- Current SCUBA Certification
- TYRA Certification of Swimming Ability

### TYRA Certification of Swimming Ability

As a currently accredited lifeguard, I certify that I have observed:

\_\_\_\_\_ successfully complete the swim test requirements as stated below:

*Applicant's Name (please print)*

- 50-100 yards of continuous swimming, using any stroke or combination of strokes, without stopping, resting, or assistance. There is no time limit or specific stroke requirements.
- 5 to 10 minutes of a vertical tread in deep water.

\_\_\_\_\_

*Pool Location and Phone #*

\_\_\_\_\_

*Date*

Please bring this completed swim test certificate to the first practice you attend. **You will not be allowed to participate in the Tulsa Youth Rowing Association on-the-water activities without this completed certificate.**