



## Tulsa Youth Rowing Association

### Information on Swimming Ability Requirement

Upon joining 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 return to Board President Stephanie Reynolds [President@okrowing.org](mailto:President@okrowing.org). 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)*

- Swimsuit: 100 yards/ Clothes: 50 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.
- Swimsuit: 10 minutes/ Clothes: 5 minutes of a vertical tread in deep water
- Successfully putting on a PFD while treading water (when provided)

\_\_\_\_\_

*Lifeguard Name (please print)*

\_\_\_\_\_

*Pool Location and Phone #*

\_\_\_\_\_

*Lifeguard Signature*

\_\_\_\_\_

*Date*

\_\_\_\_\_

*Year that applicant will be a graduating senior*

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.**