

# I.2 Swimming Competence

## Objective:

**All participants are competent and confident swimmers.**

Everyone taking part in rowing should be able to:

- Swim at least 50 metres in light clothing (rowing kit).
- Tread water for at least 2 minutes.
- Swim under water for at least 5 metres.

Anyone unable to demonstrate this ability should wear a Personal Flotation Device (PFD) when in a boat.

## Responsibilities

### Everyone

- Lets their club know their current swimming ability.
- Attends any swimming tests as required by the club.

### Club

- Ascertains that all rowing members are competent and confident in and under the water and able to swim at least 50 metres.
- Promotes a higher level of duty of care for junior, beginner and adaptive rowers.
- Has policies in place for those who cannot or who have not demonstrated swimming competence, particularly junior, beginner and adaptive rowers.
- Records the swimming ability of each member of the club and makes this available to all its coaches.
- Reconfirms the swimming ability of all members at appropriate intervals.

### Coach

- Is aware of rowers' swimming ability.
- Follows the policies set out by the club.

## Further information

RowSafe 3.6 Personal Flotation Devices

RowSafe 7.5 Juniors

RowSafe 7.1 Beginners

RowSafe 7.4 Adaptive Rowing