

LMHBC swim test guide



Why do I have to take a swim test?

Whilst it's highly unlikely that you'll ever actually end up in the water during an outing, OURCs (Oxford University Rowing Clubs), requires that every rower and cox completes a swim test to be able to participate in college rowing.

The test is completed in clothes (not swimwear) to assess your ability to swim in the event of an emergency.

The cost of the test is covered by the club, but it is essential that you turn up to your slot. If you miss your slot the club will charge the cost to your battels (~£10-12).

When do I have to take a swim test?

You are only allowed to complete 5 outings before a swim test is required to go out on the water again. This includes any fresher taster outings you may have completed in week 0.

The test is valid for 6 years.

Test requirements:

- 50m swim (2 lengths of the pool) in any stroke except backstroke → it doesn't matter how quickly you cover this distance, and you do not have to submerge your face
- Surface dive from static into a 5m underwater swim → this takes place in the middle of the pool so you will not be able to push off a wall
- 2 minute tread

Where do tests take place?

Tests take place in the Rosenblatt Pool at Iffley Road Sports Centre. Please arrive 5 minutes before your slot time, and sign in at the OURCs desk.

- Walking: leave around 40 minutes to walk
- Cycling: leave around 20 minutes to cycle (bike racks available)

What to wear?

In order to make the test easier, we recommend that you wear suitable lightweight clothes i.e., not heavy clothing such as joggers/jumpers that will weigh you down.

Goggles are not permitted to complete the test.

We recommend:

- Shorts/leggings
- Loose fitting t-shirt with sleeves (vests are not permitted)
- A sports bra/swimsuit underneath your clothes
- Something to tie your hair up with

Please arrive in this clothing as changing rooms will only be available after the test

What to bring?

- Your bodcard to sign in (**very important**)
- A towel
- Dry clothes
- A plastic bag for wet clothes

What happens if I fail the swim test? → don't worry, it happens!

- If you fail an element, the person running your test may give you a second chance to complete it
- If you fail the entire test, unfortunately you won't be allowed to row/cox until you pass (this applies even if you have not completed your 5 outing allowance yet)
- You can take the test as many times as you need to pass, so we will try and organise another slot for you as soon as possible

Top reasons why people fail the swim test:

- Failing to submerge themselves fully when doing the 5m underwater swim
- Failing to keep their head above water and airways open when doing the 2 minute tread
- General poor confidence when completing a skill

Questions/concerns?

- Check out the [OURCs swim test website](#)
- Email/message one of the captains and we'll try and help!!