



Bedford Crew Mandatory Swim Test

All rowers new to the BHS Crew program are required to take a swim test.

The swim test consists of:

- A 200 yard continuous swim (8 lengths or 4 round trips of a 25 yard pool) with no standing on the pool bottom or hanging on to the pool edge
- 10 minutes treading water
- Taking a life jacket on and off in the water

Googles are permitted.

Anyone missing the offered swim test session will need to complete the swim test on their own and provide video proof of successful completion.

Once a rower has completed and passed the swim test, they do not need to take it again during their BHS Crew career – it is a one-and-done requirement.