



POLICY

SWIMMING REQUIREMENTS – MASTERS ROWERS

Recreational Rowing

It is the responsibility of the individual rower whilst rowing on the lake in recreational rowing to ensure their own personal safety:

- All rowers must be in good health and able to swim a minimum of 50 meters in light clothing.
- All rowers shall be able to keep their head above water unassisted for three minutes.
- Master's rowers, who cannot swim 50 meters must let the other members of the crew know they can't swim
- Master's rowers, who cannot swim 50 meters must wear a pdf
- The club does not take responsibility for any rower who can't swim in the event of an incident
- It is the responsibility of the individual rower to row at their own risk if they are unable to swim.

Rowing in a Regatta

By-Laws to Rule 22 in the [RV Rules](#) states the following:

- **Swimming Ability** - All rowers competing in an RV Regatta shall be able to swim 50m and keep their head above water unassisted for three minutes. It is the responsibility of the club or school to ensure and certify that rowers can meet these minimum standards and be able to provide evidence thereof if requested by RV.
- *At Regattas with master's events **it is the responsibility of the individual master's rower.***