



Swimming and Life Jacket / Personal Floatation Device Policy

Swimming

An individual must be able to:

1. **Swim 100 metres continuously, confidently and without assistance, and**
2. **Tread water for a minimum of two minutes**
3. **While fully clothed throughout.**

Waterford Boat Club (WBC) provides a swimming pool annually to conduct a swim test and Capsize Drill in a safe environment.

Although Rowing Ireland only requires a member to swim 50m, due to the strong flow of the River Suir, WBC maintains the 100m requirement.

The swim test is compulsory for new members or members who have not completed the swim test successfully.

If a member is unable to attend the swim test, a Letter from a registered Swimming Coach will be accepted. (See [here](#))

The Capsize Drill is compulsory for J15's and younger, and recommended for all.

Unfortunately, due to the nature of the sport and the fast flow of the river, a parent's assurances will not suffice.

Life Jacket / Personal Floatation Device

Compulsory to be worn by:

1. Members who have not successfully completed the swim test / letter from a registered swim coach
2. A cox
3. Anyone using, or a passenger, in the safety launch

Life Jackets / PDF's are not required to be worn by those rowing "Olympic style" boats due to the supervision of the support launch and the ability to swim as per Pleasure Craft (Personal Flotation Devices and Operation) (Safety) Regulations 2005, 2012, 2018.

Life Jackets / Personal Floatation Devices (PFDs) are available in the clubhouse.

Life Jackets cannot be an auto-inflate type (Manual inflate only).