

### **SWIM TESTS (recommended)**

The following is an excerpt from the current (2021) AusDBF Safety Manual in relation to swim tests.

*“Dragon Boating is a water sport. Accidents on the water can lead to people drowning. To mitigate the risk of drowning, it is strongly recommended all people on the water in a dragon boat are able to swim confidently 100m in paddling clothing (shirt, shorts, enclosed shoes as a minimum) and tread water in the same clothes for a minimum of 10 minutes without support. Any person who cannot satisfy these requirements must wear a lifejacket or a PFD.*

*Clubs are to encourage all participants to undertake a swim test on an annual basis. This test is best undertaken under the supervision of a nominated Club member or members for verification, and safety. Each Member State/Territory to determine own requirements with regards to swim tests and wearing of PFDs depending upon state maritime requirements”.*

DBACT has made the decision to encourage all ACT clubs to have their members undertake a swim test. Clubs are to consult with their Safety Officers to ensure the tests are conducted in a manner that minimizes risk to their members. Clubs must recognize there are inherent risks involved when conducting swim tests. Clubs must be able to provide the rationale behind their decisions relating to swim tests if needed.

The individual clubs will decide:

- If the swim test is to be conducted annually, or only for new members and existing members who may be returning from an injury in which their ability to swim may have been affected.
- The location of where the swim test is to be conducted (e.g., lake or swimming pool)
- What the swim test will consist of; at a minimum it must be a 100m swim in paddling clothing and ten (10) minutes of treading water
- When the swim test will be conducted
- How the swim test will be conducted safely
- How swim test records are to be recorded and stored; such records may be called upon by DBACT if the situation arises.