



Swim Test Certification

The swim test can be taken at any pool where a lifeguard is present. We do not administer swim tests at the boathouse. Please print the form and have a lifeguard sign it. Please bring the form with you to your first day of the rowing session. You may not be boated without the swim test.

Requirements are, per US Rowing recommendations:

- Swim 50 yds without stopping
- Tread water for 5 min with shirt and pants on.

Instructions: Complete the form, make a copy for your records and bring the form to the boathouse on the first day of the program.

TEST DETAILS:

- 1. Printed name of rower: _____ 2.
- Signature of rower: _____ 3. Printed
- Name of lifeguard: _____ 4. Printed Name
- of Pool: _____ 5. Phone number of
- Pool: _____

SWIM TEST CERTIFICATION: I hereby certify that the participant can swim 50 yds, tread water for 10 min, don a lifejacket, and then swim from the deep end to the shallow end in a competent manner.

Signature of Lifeguard: _____

Date of Test: _____