



## Swim Test Form

Rower Name: \_\_\_\_\_

Rower Signature: \_\_\_\_\_

Test/Pool Location: \_\_\_\_\_

Test/Pool Phone: \_\_\_\_\_

Name of Lifeguard/Instructor: \_\_\_\_\_

*PLEASE PRINT*

I certify that the rower named above has successfully completed the following test:

1. Enter water wearing pants and a long sleeve shirt
2. Swim 100 yds
3. Tread water for 5 minutes
4. Catch a tossed life jacket and secure it while still treading water

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Certification/#: \_\_\_\_\_ Expires: \_\_\_\_\_