

Swim Test Form

INSTRUCTIONS

1. Write Name of Participant on the Swim Test Form.
2. Have a certified Lifeguard/Water Safety Instructor observe you, sign/date below.
3. Keep the completed form at home for your records.
4. Email a copy of this completed form to info@communityrowing.org at least a week before class starts. Please include the name of the class you registered for in the email.

NAME OF PARTICIPANT / ROWER

NAME OF LIFEGUARD / WATER SAFETY INSTRUCTOR

NAME OF POOL / FACILITY

PHONE NUMBER OF POOL / FACILITY

CERTIFICATION

I hereby certify that the participant can **swim 100 yards** in a competent manner and can **remain afloat for at least 5 minutes**.

SIGNATURE OF LIFEGUARD / WATER SAFETY INSTRUCTOR

DATE OF TEST

KEEP A COPY OF YOUR COMPLETED SWIM FORM FOR YOUR RECORDS