



SWIM TEST FORM

You must pass a swim test or provide recognized documentation of swimming ability (i.e. a Red Cross water safety card) and submit your test prior to your first on-water session with White Rock Rowing. A participant without a valid swim test will not be able to participate and will remain on land until the test is submitted.

Instructions:

1. Write Name of Participant on the Swim Test Form
2. Find a pool with a certified lifeguard and ask the lifeguard to supervise your test. Try a local YMCA, public pool or health club.
3. For the test you must competently swim 100 yards and tread water for 10 minutes.
4. Have a certified Lifeguard sign/date below.
5. Make a copy for your records.
6. Bring completed form to the boathouse on the first day of program or email a copy to: info@whiterockrowing.org

Name of Participant/Rower: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Swim Test Certification: I hereby certify that the participant can swim 100 yards in a competent manner and can remain afloat for at least 10 minutes.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

KEEP A COPY OF THE COMPLETED SWIM TEST FOR YOUR RECORDS