



Swim Test Form

Instructions:

1. Write name of participant on swim test card.
2. Have certified lifeguard/water safety instructor observe you and complete this form.
3. Make copy of this completed form for your records.
4. Bring this form to the boathouse on the first day of program or mail to the address listed below.

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Name of Participant/Rower: _____

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Name of Lifeguard/Water Safety Instructor: _____

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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 five (5) minutes.

Name of Lifeguard/Water Safety Instructor: _____

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

Remember to keep a copy of the completed swim test for your records.