



## **SHAKER ROWING ASSOCIATION - SWIM TEST FORM**

The swim test can be taken at ANY POOL where a lifeguard is present. Please print out the form and have a lifeguard sign it. You can either mail the form to Shaker Rowing Association OR bring it to your first day of class. You may not be boated without the swim test.

### **Instructions:**

1. Write Name of Participant on the Swim Test Form below
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below
3. Make a copy of your form for your records
4. Bring this form to the boathouse on the first day of program; or mail a copy

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 50 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 the completed swim test for your records