

Swim Test Certification

All River City Rowing Club members must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swim test is comprised of the following elements:

- 50 yard continuous swim, any stroke
- 5 minute continuous tread water while wearing winter rowing clothes (long spandex, etc)
- put on a PFD and secure it while treading water

*The test can be completed at any facility with a certified lifeguard.

Check in advance that the facility will allow you to test in the rowing clothing and that a PFD will be available. Remember to bring this certification form with you, as the staff won't have any copies available.



Certification

I, _____, certify that _____
(Print Guard or Instructors Name) (Print RCRC Member's Name)

has completed 50 yards of continuous swimming, followed by 5 minutes of treading water while wearing winter rowing clothes, and then put on a life jacket while in the water and secured it following the five minutes of treading water.

This test of swimming ability was given at _____ on _____.

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor.

My certification expires on _____.

Signature of Guard or Instructor

Signature of RCRC Member