



Swimming Skills Test North Palm Beach Rowing Club

All rowers, scullers & paddlers 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. This form should be given to your coach prior to the start of training.

The swim-test is comprised of the following elements:

- 50 yards continuous swim, any stroke
- 5 minute continuous tread water

Certification

I, _____, certify that _____
(Print guard or instructors name) (Print Rower's name)

has completed 50 yards of continuous swimming followed by 5 minutes of treading water. This test of swimming ability was given at

_____ on _____
(Location) (Date)

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor. My certification expires on _____.
(Date)

Signature of Guard or Instructor _____

Signature of Rower _____

Signature of Parent or Guardian _____