



## **Boston**

PO Box 750036, Arlington, MA 02475

wecanrowboston@yahoo.com

www.wecanrowboston.org

### **SWIM TEST Form**

#### Instructions:

- 1) Write Name of Participant on the Swim Test Form:
- 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 the form on the first day of program.

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 5 minutes.**

Signature of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Date of Test: \_\_\_\_\_

**Keep a copy of the completed test for your records**