



## PORT ROWING SWIM TEST FORM

**Port Rowing requires that all athletes display adequate swimming skills BEFORE entering the water.**

1. Write Name of Participant on Swim Test Form.
2. Have a Certified Lifeguard/Water Safety Instructor observe you and complete the form below.
3. Make a copy of your form for your records.
4. Bring a completed form to first day of practice  
(you will not be allowed on the water till properly completed)

Name of Participant: \_\_\_\_\_

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 (any stroke) and can tread water for 10 minutes.**

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

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

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