

SDRC SWIM TEST FORM

Instructions:

Write Name of Participant on the Swim Test Form

Have a certified Lifeguard/Water Safety Instructor observe you and complete form below
Test can be performed at SDRC, YMCA, or anywhere with a certified Lifeguard.

Make a copy of your form for your records

Bring this form to the boathouse on the first day of program; or mail a copy to:

San Diego Rowing Club
PO Box 99856
San Diego, CA 92169

Name of Participant / Rower: _____

Location of Test: _____

Phone Number of Location: _____

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**.

Lifeguard/Water Safety Instructor Name (print): _____

Lifeguard/Water Safety Instructor Signature: _____

Date of Test: _____

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