



AARC Youth Swim Test

Your name (**print legibly**) _____

All AARC youth members must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor (WSI) attest to completion of this test by signing the form below PRIOR to rowing in any boat, barge or coaches launch.

The swim-test is comprised of the following elements: The participant must wear any long-legged exercise pant and T-shirt:

- 1) Tread water or stay afloat for 5 minutes.
- 2) Followed by putting on a life jacket while treading water (if available).
- 3) Followed by swimming 50 yards (without the life jacket), any stroke, without touching the bottom or using any other support.

If AARC youth participants do not complete the test, they may row only if wearing a life vest.

Swim Test Certification – This section to be filled out by life guard or WSI.

I, _____ (*Print guard or instructor's name*), certify that
_____ (*Print AARC Member's name*) has completed the
requirements described above. This test of swimming ability was given at
_____ (Location) on _____ (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 Parent _____