



St. Ignatius Chicago Rowing

SWIMMING PROFICIENCY CERTIFICATION

This form is only required for rowers **NEW** to the SICR program and **must be submitted in order for the new rower to participate in on the water practices and competitions.**

Rower/coxswain: _____

Location of test: _____

I have witnessed the above-named individual successfully perform the following swimming test:

1. Keep himself/herself afloat in water for five minutes in a competent manner
2. Swim 100 yards unaided in a competent manner

I also declare that I am a certified lifeguard/swim instructor as of the date the swimming test was completed and can provide such documentation if called upon to do so.

Certifier's Name (please print)

Signature

Date

Parent/Guardian's Name

Signature

Date

** This test can be administered by any facility with a certified lifeguard/swim instructor, i.e. YMCA, Lifetime Fitness, local pool, etc.