

Vancouver Lake Rowing Club

Swim Test Form 2026



I certify that _____ has successfully completed the following:

- A) In the deep end of the pool, be able to pull yourself out over the edge of the pool without the aid of steps or a ladder.
- B) Swim 100 yards. Any stroke you are comfortable with, and demonstrate the ability to roll onto your back to take resting strokes if necessary.
- C) In deep water, tread water for 10 minutes. Then put on a personal flotation device.

 Water Safety Instructor Signature Date:

 Pool Location/Facility

This form is required of all Vancouver Lake Rowing Club rowers. (Adult and Students) Test must be given at public swimming pools under the supervision of a Water Safety Instructor certified by the American Red Cross.