

# 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.

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\_\_\_\_ Water Safety Instructor Signature Date:

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\_\_\_\_ 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.