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.