



CAPITAL ROWING CLUB

Swim Test Certification

All athletes must pass a supervised swim test or complete the organization's swim test verification form.

CRC Safety will keep a file of all swim test documentation. Send completed certification to safety@capitalrowing.org

Have a lifeguard perform the test.

1. Write Name of Participant on the Swim Test Form
2. Have a certified Lifeguard/Water Safety Instructor observe you, sign/date below
3. Masters and CARP end completed certification to safety@capitalrowing.org. For Juniors, give completed form to the Juniors Head Coach on the first day of program;

Name of Participant/Rowers: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Name of Lifeguard Certification Entity: _____

Lifeguard Contact Information: _____

Swim Test Certification:

I hereby certify that the **participant can swim at least 25 yards** in a competent manner and can **remain afloat and/or tread water for ten minutes, and put on a life jacket (Personal Floatation Device (PFD)) while floating.**

NOTE: CRC and USRowing require that if an athlete cannot swim, they must wear a PFD in the shell at all times.

PASS_____

FAIL_____

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test:_____

Keep a copy of the completed swim test for your records.