



Northville Rowing Club Swim Test

Your name (**Print very legibly!**) _____

All Northville Rowing Club (NRC) members must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor (WSI) attest to completion of this test by signing the form below PRIOR to rowing in any boat, barge or coaches launch.

The swim-test is comprised of the following elements: The participant must wear any long-legged exercise pant and T-shirt:

- 1) Tread water or stay afloat for 5 minutes.
- 2) Followed by putting on a life jacket while treading water (if available).
- 3) Followed by swimming 50 yards (without the life jacket), any stroke, without touching the bottom or using any other support.

If NRC participants do not complete the test, they may row only if wearing a life vest.

Swim Test Certification – This section to be filled out by life guard or WSI.

I, _____ (*Print guard or instructors name*), certify that
_____ (*Print NRC Members name*) has completed the
requirements described above. This test of swimming ability was given at
_____ (Location) on _____ (Date).

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor. My
certification expires on _____ (Date).

Signature of Guard or Instructor _____

Signature of Northville Rowing Member _____