



ALBANY ROWING CENTER – SWIM TEST FORM

The swim test can be taken at any pool where a lifeguard is present. We do not administer swim tests at the boathouse. Please print the form and have a lifeguard sign it. Please bring the form with you to your first day of the rowing session. You may not be boated without the swim test.

Requirements are, per US Rowing recommendations:

Swim 50 yds without stopping

Tread water for 10 min.

Don a lifejacket, swim from the deep end where treading water to the shallow end with the lifejacket on.

Instructions:

Complete the form, make a copy for your records and bring the form to the boathouse on the first day of the program.

TEST DETAILS:

1. Printed name of rower: _____

2. Signature of rower: _____

3. Printed name of lifeguard: _____

4. Printed Name of Pool: _____

5. Phone number of Pool: _____

SWIM TEST CERTIFICATION:

I hereby certify that the participant can swim 50 yds, tread water for 10 min, don a lifejacket and then swim from the deep end to the shallow end in a competent manner.

Signature of Lifeguard: _____

Date of Test: _____