



Kenmore Community Rowing Club

Kenmore Community Rowing Club Swim Test

You must pass a swim test or provide recognized documentation of swimming ability (such as a Red Cross water safety card or equivalent) and upload to your iCrew account prior to your first on-water session with KCRC. Members without a valid swim test will not be able to join on-water practices until KCRC receives proof of your completed swim test.

How to Complete the Swim Test:

1. Find a pool and/or beach with a lifeguard certified by the American Red Cross to inquire if this lifeguard will supervise your Swim Test. Try your local public pool, health club, or YMCA.
2. Float, tread water, or swim in place for 10 minutes, under the lifeguard's supervision.
3. After 10 minutes, you are required to put on a personal flotation device (PFD) while still in treading/floating/swimming in the water.
4. Ask the lifeguard to sign the form below.
5. The Swim Test must be repeated and documented every 5 years.

For Lifeguard Use Below:

The following participant has successfully passed a 10-minute float test under my supervision.

Participant Name: _____

Facility/Location Name: _____

Date: _____

Lifeguard Name: _____

Lifeguard Signature: _____

