



Maine Coast Rowing Association Youth Swim Test Form

Instructions:

1. Write Name of Participant on the Swim Test Form
2. Have a certified Lifeguard/Water Safety Instructor observe you, sign/date below
3. Parents of Rowers under 18 must sign the completed swim test form
4. Make a copy of this form for your records
5. Bring completed form to the boatyard on the first day of program; or scan & email to rowbrunswick@gmail.com

Instead of the swim test, participants may furnish evidence of passing supervised testing that has demonstrated swimming ability such as: SCUBA certification, Red Cross swimming certifications or Documentation of having passed a swim test at another rowing club

Name of Participant/Rowers: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Swim Test Certification:

- Swim 50 yards wearing light clothing
- Tread water for at least 5 minutes
- Put on a life jacket while in the water

LIFEGUARD:

I certify that I have observed the participant successfully complete all the swim test requirements listed on this form.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

PARENT:

Printed Name of Parent /Guardian for rowers under 18: _____

Signature of Parent /Guardian for rowers under 18: _____

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