



Conshohocken Rowing Center

Swim Test Form

Instructions:

1. Write Name of Participant on the Swim Test Card;
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below;
3. Make a copy of your card for your records;
4. Bring this form to the boathouse on the first day of program; or mail a copy to:

Conshohocken Rowing Center
307 Washington Street
Conshohocken, PA 19428

Name of Participant/Rower: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Swim Test Certification:

I hereby certify that the participant can swim 50 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

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