



SWIM TEST FORM

Steel City Rowing Club, 101 Arch Street, Verona, PA 15147

412-828-5565 phone/ 412-517-8789 fax

www.steelcityrowing.org

All rowers and scullers must be able to pass the following swim test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swim test is comprised of the following:

- 50-yard continuous swim, using any stroke.
- 5-minute continuous tread water while wearing sweats.
- Put on a life jacket and secure it while treading water.

I, _____, certify that _____

has completed the above swim test requirements in the order listed above. This test of swimming ability was given

at _____ on _____.

I am currently certified as a Lifeguard or American Red Cross Water Safety Instructor.

My certification expires on _____.

Signature of Lifeguard or ARCS Instructor

Date

Signature of Person Tested

Date

Please complete this form and return to Steel City Rowing Club.