



## Sequim Bay Yacht Club Swim Test

All rowers shall have a current swim test on file with the Sequim Bay Yacht Club. Swim Tests can be conducted at any pool by a qualified lifeguard. Testing must be done before a rower is allowed to row.

This verifies that \_\_\_\_\_  
(Print Name of Rower)

Has successfully completed a swim test as recommended by USRowing, which included the following:

- \*Swim 50 yards using any style or combination of styles,
- \*Tread water in workout clothes for an additional ten minutes,
- \*Put on a life preserver while in the water during the last 2 minutes of treading water

\_\_\_\_\_  
*Place of Test*

\_\_\_\_\_  
*Signature of Examiner*

\_\_\_\_\_  
*Date*

Once completed, return this form to the SBYC Rowing Captain.