

Swan Creek Rowing Club



Lambertville, New Jersey



## SCRC

### Certification of Ability to Swim - YOUTH

**A certified Red Cross lifeguard or swim coach must witness this test. This can be done at the YMCA or at another venue (local high school, swim club, etc.). No rower will be allowed to go onto the water without having completed the swim test.**

The below named participant has demonstrated that he/she can perform the following swim test:

- Tread water for 10 minutes wearing rowing clothes (shorts and a t-shirt)
- At the end of the treading water while still in the water, put on a personal flotation device
- Continuously swim for 100 meters (any stroke)

**Name of participant:** \_\_\_\_\_

**Location of test:** \_\_\_\_\_

\_\_\_\_\_

**Name of tester (please print clearly):** \_\_\_\_\_

**Authorized signature:** \_\_\_\_\_

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

I understand that as a water sport, rowing has an inherent danger. I understand that boats can tip over, throwing me into the water. Although I may use the boat as a flotation device, I need to be able to stay afloat, tread water, and swim in the event my boat tips.

**Participant signature:** \_\_\_\_\_

**Parent signature:** \_\_\_\_\_

(If participant is under the age of 18)

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**Coaches, please ensure signature and date, then pass on to Club Secretary.**