



**SWAN CREEK ROWING CLUB (SCRC)
CERTIFICATION OF ABILITY TO SWIM - YOUTH (UNDER 18)**

This Under 18 Swim Certification is to be used by persons under 18 who are a member or guest of SCRC.

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 youth athlete will be allowed to go onto the water without having completed the swim test.

The below named participant has demonstrated that they 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)

Participant Name (printed)

Test Location

Certified TesterName (printed)

Signature

Date

Participant:

Name (printed)

Signature

Date

Parent/ Guardian (if participant is under the age of 18):

Name (printed)

Signature

Date

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

REVISED: May 15, 2024