

Steel City Rowing Club

Swimming Test Form

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 swimming test is comprised of the following:

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

I, _____, certify that _____ has completed the above swimming requirements in the order listed above. This test of swimming ability was given at _____ on _____.

I am currently certified as a Life Guard or American Red Cross Water Safety Instructor. My certification expires on _____.

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