



Swim Test Certification or Parent Waiver

All Northville Rowing members must pass a swim-test and have a certified lifeguard or American Red Cross Water Safety Instructor attest to the completion of this test by signing the form below **PRIOR to rowing in any boat, barge or coach's launch**.

A parent or guardian can also certify a student athlete's ability to complete the following water safety test. By signing the form below **PRIOR to rowing in any boat, barge or coach's launch**, the parent or guardian signing the form confirms that their athlete can complete the tasks listed on the swim test.

The swim-test includes:

1. Tread water or stay afloat for 10 minutes.
2. Followed by swimming 50 yards any stroke, without touching the bottom or using any other support.
3. Test should be completed in "rowing/athletic" clothing as if a boat flipped.

SWIM TEST CERTIFICATION

I, _____ (Print LIFEGUARD/INSTRUCTOR name), certify that
_____ (Print STUDENT ATHLETE name) has completed the swim test requirements described
above. The test was given at _____ (location) on _____ (date) and I am
currently certified as a lifeguard, or I am an American Red Cross Water Safety Instructor. My certification expires on
_____ (date).

Signature of Guard/Instructor: _____ Date: _____

Signature of Student Athlete: _____ Date: _____

OR PARENT WAIVER

_____ (Print STUDENT ATHLETE name) did not complete the swim test, but I attest that
he/she can complete the tasks listed on the swim test.

Signature of Parent/Guardian: _____ Date: _____

Print name of Parent/Guardian: _____

Signature of Student Athlete: _____ Date: _____