



Buffalo River Rowing Club Swim Test Form

INSTRUCTIONS:

1. Write name of Participant on Swim Test Card.
2. Have a Certified Lifeguard/Water Safety Instructor observe your swim test and complete this form (below).
3. Make a copy of this form for your records.
4. Send a scan or photo of the completed form to Meg Lauerman
megclauerman@gmail.com

Name of Participant/Rowers: _____

Name of Lifeguard/Water Safety Instructor: _____

Certification: _____

Name of Pool: _____

Swim Test Certification: Lifeguard

I hereby certify that the participant can swim 150 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

Swim Test Certification: Participant

I hereby affirm that I can swim 150 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Participant/Rowers: _____

KEEP A COPY OF THE COMPLETED SWIM TEST FOR YOUR RECORDS!