Westerville Rowing Club

**Swim Test Certification Form**

I understand that participation in rowing activities with the Westerville Rowing Club (aka Westerville Crew) requires successful completion of a swim test administered according to the guidelines of the US Rowing Association. This test is comprised of two segments. The first segment requires the participant to swim any stroke or combination of strokes for an uninterrupted 100-yards. The second segment of the test is for an additional 10-minute period of floating or treading water. At no time during these tests is the participant allowed to touch the sides or bottom of the pool. I understand that failure to pass both segments of the test shall prohibit the participant from any on-water rowing activities of Westerville Rowing Club.

I release Westerville Rowing Club, its agents, coaches, representatives, or other officials from any and all liability related to or incurred during the administration of the swim test.

**Instructions:**

Take this form to a certified lifeguard or swim instructor (herein “certified” is defined as someone who has passed the Red Cross or YMCA Life Saving Course and/or is a Water Safety Instructor) and ask them to administer the above test for you.

Swimmer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lifeguard/Water Safety Instructor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of Lifeguard \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location of Test \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_