

ALLIANCE ROWING CLUB SWIM TEST FORM

Instructions:

1. Write Name of Participant on the Swim Test Card;
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below;
3. Make a copy of your card for your records;
4. Bring this form to the boathouse on the first day of program; or mail a copy to:

Alliance Rowing Club
905 Ridge Rd.
Wilmette, IL 60091

Name of Participant/Rower: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Swim Test Certification:

I hereby certify that the participant can **swim 100 yards** in a competent manner and can **remain afloat for at least 5 minutes**.

Signature of Lifeguard/Water Safety Instructor:

Date of Test:

Keep a copy of the completed swim test for your records