



ST JOHN'S ROWING CLUB MEMBERSHIP FORM

Swimming Ability

Member Name: _____

RCA Number: _____

On becoming a member of the St. John's Rowing Club you must show adequate proof that you can meet the following swimming requirements. The goal of this test is to make sure you are comfortable around water and able to stay calm and afloat in the rare occasion of your boat capsizing. Bring this form to your local swimming pool and have a certified lifeguard evaluate you. Once complete, return this form to your coach.

This form must be complete before your first practice.

Members who are at least 16 years old as of December 31, 2018 do not need to complete this form.

Requirements:

Tread water for a minimum of three (3) minutes

Pass Fail

Swim (any style) 50 meters

Pass Fail

Put on a PFD while treading water

Pass Fail

Swimming facility: _____

Address: _____

Phone Number: ____ - ____ - ____

Life Guard Name: _____ (Please Print)

Life Guard Signature: _____

Date: _____

Members with a swimming level at, or above, Bronze Medallion do not have to complete this swim test. Attach a photocopy of your certificate (with your name on it) as proof of swimming ability.

MEMBER OF ROWING NEWFOUNDLAND AND ROWING CANADA AVIRON
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