



ST JOHN'S ROWING CLUB
Swim Test Form – 2019 Season

Member Name: _____

RCA Number: _____

To participate in St. John's Rowing Club youth programs, you must demonstrate 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 completed before your first practice.

Members who are at least 17 years old as of April 1, 2019 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.