



## ST JOHN'S ROWING CLUB Swim Test Form

**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 by all members who are under 17 years old when the program begins, with the exception of those with a swimming level at or above Bronze Medallion. Attach a photocopy of your certificate (with your name on it) as proof of swimming ability.**

### 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: \_\_\_\_\_