

**SWIM TEST CERTIFICATION**

While swimming is not an integral part of standard rowing activities, it is a requirement for safety purposes. Boats may capsize; therefore, it’s critical that participants have basic skills in the water.

Test performed at (name of pool): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date test performed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lifeguard/ a currently accredited lifeguard, I certify that I have observed:

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| --- |
| Applicant’s Name (please print) |

I certify that I personally observed the above SWIMMER wearing light clothing and socks/shoes successfully complete a swim test consisting swimming 50 metres of the pool without the aid of any propulsion device and without resting on the side of the pool or with any other support.

I also observed the above SWIMMER tread water or float likewise without aid, support, or use of floatation devices for a period of 5 minutes.

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| Lifeguard Name (please print) Date |

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| Lifeguard Signature Position |

*NB If the rower is unable to complete the swimming evaluation, either by not*

*swimming the full distance or not floating for the full time stated, they cannot complete the full swimming evaluation must always wear approved PFD while on the water and only during programs where a coach boat or launch is present.*

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

If Under 18 Signed by Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_

#### Please scan and email this completed swim test certificate to the Club Captain, urcclubcaptain@gmail.com

You will not be allowed to participate in any on-the-water activities with Union Rowing Club without this completed certificate.