



## Spy Coast Rowing LLC Swim Test Card

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 the card prior to the first day of program or email a copy to: [spycoastrowing@gmail.com](mailto:spycoastrowing@gmail.com)

Name of Participant/Rower: \_\_\_\_\_

Name of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Name of Lifeguard Certification Entity: \_\_\_\_\_

Name of Pool: \_\_\_\_\_

Phone Number of Pool: \_\_\_\_\_

**Swim Test Certification:** I hereby certify that the participant can swim 50 yards in a competent manner, can remain afloat for at least 10 minutes and can put on a lifejacket while in deep water.

Signature of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Date: \_\_\_\_\_

Keep a copy of the completed test for your records