



# Swim Test Form

All rowers, scullers, and coxswains must be able to pass the following swim test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swim test is comprised of the following:

- 5-minute continuous tread water while wearing sweats.
- 50-yard continuous swim, using any stroke.

I, \_\_\_\_\_, certify that \_\_\_\_\_  
**(Print guard or instructors name)** **(Print FC Crew Members name)**  
has completed the above swim test requirements in the order listed above. This test of swimming ability was given  
at \_\_\_\_\_ on \_\_\_\_\_.  
**(Location)** **(Date)**

I am currently certified as a  Lifeguard or  American Red Cross Water Safety Instructor.

My certification expires on \_\_\_\_\_.  
**(Date)**

\_\_\_\_\_  
Signature of Lifeguard or ARCS Instructor                      Date

\_\_\_\_\_  
Signature of Person Tested    Date

Please complete and return this form to Fox Chapel Crew.