



## Swim Test Form

### INSTRUCTIONS:

1. Write Name of Participant on the Swim Test Form
2. Have a certified Lifeguard/Water Safety Instructor observe you, sign/date below
3. Make a copy of your card for your records
4. Bring completed form to the boathouse on the first day of program; mail a copy or scan/email to:  
[essexrowinginc@gmail.com](mailto:essexrowinginc@gmail.com)

Name of Participant/Rower:

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Name of Lifeguard/Water Safety Instructor:

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Name of Pool:

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Phone Number of Pool:

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### SWIM TEST CERTIFICATION:

I hereby certify that the participant can swim 100 yards in a competent manner and can remain afloat for at least 5 minutes.

### SIGNATURE OF LIFEGUARD/WATER SAFETY

Instructor:

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Date of Test:

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**Keep a copy of the completed swim test for your records.**