



SWIM TEST FORM- Mandatory for Every Rower

The swim test can be taken at any pool/lake where a lifeguard is present. We do not administer swim tests at the boathouse. Please print the form and have a lifeguard sign it. Please bring the form with you to your first day of the rowing session. You will not be boated without the swim test. See list of resources below*

Requirements are, per US Rowing recommendations:

Swim 50 yds without stopping

Tread water for 10 min.

Put on a lifejacket on, while in the deep end, where treading water, and swim to the shallow end.

Instructions:

Complete the form, make a copy for your records and bring the form to the boathouse on the first day of the program.

TEST DETAILS:

1. Printed name of rower: _____

2. Signature of rower: _____

3. Printed name of lifeguard: _____

4. Printed Name of Pool: _____

5. Phone number of Pool: _____

SWIM TEST CERTIFICATION:

I hereby certify that the participant can swim 50 yds, tread water for 10 min, don a lifejacket and then swim from the deep end to the shallow end in a competent manner.

Signature of Lifeguard: _____

Date of Test: _____

Some area facilities include:

YMCA's - Bethlehem/ East Greenbush/Guilderland/Troy/ Southern Saratoga-Clifton Park/Glenville; Call to make an appointment. If you are not a member, there will be a guest pass day charge, \$25, [Locations | Capital District YMCA](#)

Albany County Residents **only**: Events & Athletic Center at Former Saint Rose Campus 420 Western Ave, Albany, NY 12203 : email to make an appointment, recreation@albanycountyny.gov

Pool Complex (outdoor facility) | Bethlehem, NY-<https://www.townofbethlehem.org>
261 Elm Ave. Delmar, NY 12054. Ph: 518-439-4955, option 7

Please note. Any certified lifeguard in any body of water can administer the swim test

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