



ALBANY ROWING CENTER - SWIM TEST FORM

The swim test can be taken at ANY POOL where a lifeguard is present. We do not administer swim tests at the boathouse. Please print out the form and have a lifeguard sign it. You can either mail the form to Albany Rowing Center OR bring it to your first day of class. You may not be boated without the swim test.

Instructions:

1. Write Name of Participant on the Swim Test Form below;
2. Have a certified Lifeguard/Water Safety Instructor observe you and complete form below;
3. Make a copy of your form for your records;
4. Bring this form to the boathouse on the first day of program; or mail a copy with your registration.

Test Details:

Name of Participant/Rower: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Swim Test Certification: I hereby certify that the participant can swim 50 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____