



SWIM CERTIFICATION
MIDHUDSON ROWING ASSOCIATION

Before rowing, all members must pass the following swim test and have a Certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of the test by signing the form below. This test can be taken at any pool.

- * 50 yards continuous swim, any stroke
- * 10 min. continuous tread water
- * put on and secure a life jacket during the last two minutes of treading water
- * wear your typical rowing clothes

This form must be submitted as part of your membership record.

Member name: _____

Date of test: _____

CERTIFICATION

I, _____, certify that the above named swimmer has completed 50 yards of continuous swimming, followed by 10 minutes of treading water, and in the final two minutes of treading water put on and secured a life vest.

This test of swimming ability was given at _____

(Location)

on _____ .
(Date)

Signature of Lifeguard or Instructor

reviewed