

EAST BAY ROWING  
(401)835-8441  
Eastbayrowing.com

**EAST BAY ROWING SWIM TEST FORM**

Instructions:

1. Write Name of Participant on the Swim Test Form;
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 your instructor on the first day of program; or mail a copy to:

East Bay Rowing  
12 Joyce Street  
Barrington, RI 02806

Name of Participant/Rower (PRINT):

\_\_\_\_\_  
Name of Lifeguard/Water Safety Instructor (PRINT):

\_\_\_\_\_  
Name of Pool:

\_\_\_\_\_  
Phone Number of Pool: \_\_\_\_\_

**SWIM TEST CERTIFICATION**

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

Signature of Lifeguard/Water Safety Instructor:

\_\_\_\_\_

Date of Test: \_\_\_\_\_

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