



# BALTIMORE ROWING CLUB

## JUNIORS SWIM TEST FORM

Name: \_\_\_\_\_

All BRC Juniors must pass the following swim-test PRIOR to rowing in any boat, barge or coaches launch. Juniors without this swim test certification on file must wear Coast-Guard approved personal flotation devices (PFDs) in any boat, barge or coaches launch.

The test must be administered by a lifeguard or swim instructor who has passed the Red Cross or YMCA Life Saving course or is a Water Safety Instructor (WSI). This test is being administered with the understanding that it is done in the controlled environment of an indoor pool and does not assess the swimmer's ability in an "open water" environment. It is also understood that the lifeguard's signature only reflects the swimmer's ability to pass the test on the date indicated. If you have current swim, lifeguard, or scuba certification documents, copies of these can be submitted to fulfill the swim requirement.

**Instructions:** Take this form to any school or community pool, YMCA, athletic club, etc. and ask the lifeguard or swim instructor to administer the swim test. Please bring your completed form to practice and give it to your Program Coach. It will be kept on file at the boathouse.

*Lifeguard or WSI: Please administer the following test, continuously and without any rest intervals, in the order shown. Sign below after the test has been passed.*

- |                                                            | Completed<br>(lifeguard initial) |
|------------------------------------------------------------|----------------------------------|
| 1. Swim 50 yards continuously, any stroke                  | _____                            |
| 2. Tread water 5 minutes without any flotation aid         | _____                            |
| 3. Successfully put on a PFD while in the water and afloat | _____                            |

**If BRC Juniors do not fully complete the test, they may row only if wearing a PFD.**

**Swim Test Certification** – This section to be filled out by life guard or WSI.

I, (*Print guard or instructors name*) \_\_\_\_\_, certify that  
(*Print BRC Juniors name*) \_\_\_\_\_ has completed the requirements described above. This test of swimming ability was given at

\_\_\_\_\_ (Location) on \_\_\_\_\_ (Date).

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor.

My certification expires on \_\_\_\_\_ (Date).

Signature of Guard or Instructor: \_\_\_\_\_

Signature of BRC Member: \_\_\_\_\_