

SPACE COAST CREW

ROWING PARTICIPANT

SWIM TEST

All participants in Space Coast Crew rowing programs are required to complete the following 2 part swim test for safety on the water. Successful completion of this test may be verified by any certified lifeguard.

_____ (First and Last Name of Rower/Swimmer)

1 has demonstrated the ability to swim 250 yards (which is 10 lengths OR 5 laps of a 25 yard length pool) using any combination of strokes as long as swimmer maintains forward progress and does not stop or touch down to the bottom of the pool in so doing. There are no speed or time requirements for this portion of the test.

2 In addition, this rower/swimmer was able to tread water for 5 minutes.

Signature of Certified Lifeguard: _____

Date: _____