**Table Mountain Rowing Club**



**Swim Test Certificate**

All TMRC Members much pass the following swim test and have a certified Lifeguard or American Red Cross Water Safety Instructor (WSI) attest to successful completion of this test by signing the form below.

The swim test is comprised of the following elements:

* 100 yard continuous swim, any stroke,
* 10-minute continuous treading water while wearing winter rowing clothes (long spandex, etc. but no cotton)
* Donning a PFD and securing it while treading water (this should be done at the end of the 10-minute continuous treading water)

This test can be completed at any facility with a certified Lifeguard or WSI present.

Please check in advance that the facility will allow you to test in your rowing clothing and that a PFD is available.

Please remember to bring this certification form with you.

**Certification**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, certify that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print Lifeguard or Instructor’s Name) (Print TMRC Member’s Name)

has completed 100 yards of continuous swimming, followed by 10 minutes of treading water while wearing winter rowing clothes, and then put on a PFD while in the water and secured it following the 10 minutes of treading water.

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 Lifeguard or Instructor) (Signature of TMRC Member)