



# SWIM TEST

*Revised Sept 2016*

All Gainesville Area Rowing (GAR) athletes must be able to pass the following swim test and have a certified lifeguard or American Red Cross safety instructor attest to completion of this test by signing the form below.

The swimming test is comprised of the following:

- 200-meter continuous swim, using any stroke
- 5-minute continuous tread water
- Putting on a life jacket and securing it while treading water

I, \_\_\_\_\_, (Certified Lifeguard) certify that \_\_\_\_\_ (Athlete) has completed the above swimming requirements in the above order listed. This test of swimming ability was given at \_\_\_\_\_ (Location) on \_\_\_\_\_ (date).

\_\_\_\_\_ Signature of person administering test

Please complete this form and return it to the Rowing Director so that they may keep it on file.

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Most pools will administer this test for free or for a small fee. If in doubt, call your local YMCA or community recreation center to see what their policies are.