
Athlete's Full Name (Please Print)

WLC Swim Test Form

(Required 1st Season Only)

All rowers, scullers, coxswains, and coaches must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swim-test is comprised of the following elements:

50 yards continuous swim, any stroke

10 minute continuous tread water

After 10 minutes of treading water put on a life-jacket and secure it while treading water

This form should be submitted as part of your WLC record when completed.

----- Certification -----

I, _____, certify that _____
(Print guard or instructor's name) *(Print WACC Members name)*

has completed 50 yards of continuous swimming, followed by 10 minutes of treading water, and then put on a life jacket while in the water and secured it following the 10 minutes of treading water.

This test of swimming ability was given

At _____ on _____
(Print Location) *(Print Date)*

I'm currently certified as a lifeguard or American Red Cross Water Safety Instructor. My certification expires

On _____
(Print Date) *(Signature of Guard or Instructor)*

(Signature of WLC Member)