

CORVALLIS ROWING CLUB (CRC)

Swim/Float Test Form

The risks of drowning while participating in any rowing-related activity are minimal, yet possible. Therefore, prior to any water-based activity, all rowers must successfully pass a swim/float test or provide recognized documentation of swimming ability (such as Red Cross water safety or equivalent) prior to participating in the rowing class or other CRC activity. This Swim/Float Test Form will be kept on file with CRC.

Swim/Float Test Requirement:

In deep water, you must float, tread water, or swim in place for 10 minutes while wearing rowing or light workout attire (shorts or pants and a top, no shoes). Float tests must be taken under the supervision of a lifeguard certified by the American Red Cross.

Instructions:

- Please contact pool personnel *before* showing up for a session to verify that a certified lifeguard will be able to administer your test.
- Contact the lifeguard, ask them to administer this float test and complete the information below.
- Return this form to the CRC Membership officer or to the Rowing Class Instructor.

Participant's Name (print): _____

Participant's Phone _____

For Pool Use Only:

The above participant has successfully passed a 10-minute swim/float test as required for participation with the Corvallis Rowing Club's activities.

Pool: _____

Date: _____

Certified Lifeguard's Printed Name: _____

Lifeguard's Signature: _____