



Greater Dayton Rowing Association

Swim Test Form

E. Helena Street
Dayton, OH 45414
937-890-5368
www.DaytonRowing.org

All rowers & scullers 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
- 5 minute continuous tread water wearing sweats
- put on a life-jacket and secure it while treading water

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

Certification

I, _____ certify that _____
(Print guard or instructor's name) (Print GDRA Member's name)

has completed 50 yards of continuous swimming, followed by 5 minutes of treading water while wearing sweats, and then put on a life jacket while in the water and secured it following the five minutes of treading water.

This test of swimming ability was given at _____ on _____
(Location) (Date)

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor.

My certification expires on _____.
(Date)

Signature of Guard or Instructor

Signature of GDRA Junior Member Parent or Rower, if over age 18

Affiliation

(school, masters, etc) _____ Greater Dayton RA Junior Crew _____