



Cleveland Rowing Foundation Swim Test Certification

Before engaging in activities on or near the water at the Cleveland Rowing Foundation (CRF), all **Athletes**, as described below, must pass a swim test administered by a certified lifeguard or Red Cross Safety Instructor.

For the purposes of this certification, the term "**Athletes**" applies to:

- All high school athletes;
- All junior athletes;
- All athletes under the age of 18; and
- Any athletes in programs requiring swim test certification.

Athletes without a completed test on file are required to wear a properly fitted life vest whenever they are on or near the water at CRF.

The swim test is comprised of the following:

- (1) swim 50 yards,
- (2) tread water for 10 minutes unassisted by any flotation device, and
- (3) put on a PFD and secure it while treading water.

I, _____ (lifeguard/instructor name), certify that
_____ (swimmer's name) has completed the swim requirements in the
order listed above. The test of swimming ability was given at _____
(test location) on _____ (date of test).

Signature of person administering test _____

Parent/Guardian Acknowledgment

(required for athletes under 18 years old)

I verify that my child has met the swim requirements. I give my child permission to participate in activities on/near the water at the CRF and not wear a personal flotation device.

Parent/Guardian signature: _____ **Date:** _____