



## CLEVELAND ROWING FOUNDATION

1003 British Street, Cleveland, OH 44113

216-308-4183

[www.clevelandrows.org](http://www.clevelandrows.org)

### 2023 Swim Test Form

(Any individual rowing out of CRF must also sign a liability waiver before being permitted to row)

All minors rowing at the Cleveland Rowing Foundation (CRF) 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:

- 50-meter continuous swim, using any stroke
- 5-minute continuous tread water
- Put on a life jacket and secure it while treading water

I, \_\_\_\_\_, certify that \_\_\_\_\_  
(swimmer's name) has completed the above swimming requirements in the above order listed.  
This test of swimming ability was given at \_\_\_\_\_ (location of test) on  
\_\_\_\_\_. (Date of test)

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

---

*Please complete this form and return it to your coach so that they may keep it on file with the Cleveland Rowing Foundation (CRF). Please note that this swimming test only needs to be performed once and will be kept on file for future seasons.*