

Swim Test Requirement

If you rowed with us in the past, you **DO NOT NEED** to do another swim test. **However**, if you are joining us for the first time, you must take a swim test, or submit a copy of a completed swim test from another program.

You may take the test at **ANY pool with a certified lifeguard** but we suggest the Thomas M. Menino YMCA in Hyde Park on 1137 River Street; the phone number is (617) 361-2300.

Please call first to check availability.

You will need to bring to the pool: 1) this form; 2) a long-sleeve T-shirt; and 3) a swimsuit.

Participant Name:

To be completed by Lifeguard

Observer Name:

Observer Title:

Pool Name and Location:

Test Sequence (check when successfully completed):

1. Wearing long sleeve shirt, swim 100 yards
2. Tread water for 1 minute
3. While treading water, remove shirt, and continue treading 4 additional minutes

Observer's Certification

Swim Test Form

Neponset Rowing Club

*I hereby certify that _____ has successfully
completed each step of this Swim Test.*

Observer Signature: _____ Date:
