

ZLAC ROWING CLUB – SWIM TEST CERTIFICATION

Swim tests may be taken at any pool or body of water with certified lifeguards. Take this form with you and have a lifeguard monitor the test. Bring this completed form to practice and give it to the coach. It will be kept on file at ZLAC Rowing Club.

To complete the swim test certificate, the participant must:

- Swim 100 meters (109 yard) continuously using any stroke AND tread water for 5 minutes
- OR
- Provide proof of meeting these requirements through an alternative means such as having a swimming certificate through another boating activity, life guarding, participation on a swim team, etc.

SWIM TEST VERIFICATION

This individual can swim 100 meters and tread water for at least 5 minutes.

Participant's Name: _____

Lifeguard's Name (Printed): _____

Lifeguard's Signature: _____

Facility/Location: _____ Date of Test: _____

ALTERNATIVE SWIM ABILITY VERIFICATION

The following athlete _____ has met the above swim test requirements in the following way _____ and has attached a copy of documentation to support this (boating test or other document).

PARENTAL / LEGAL GUARDIAN CONFIRMATION FOR ATHLETES UNDER 18 YEARS OF AGE

I confirm that the child named above has the necessary swimming skills to participate safely in the ZLAC Rowing Club rowing program.

Parent's Name (Printed): _____

Parent's Signature: _____ Date : _____