



Swim Test

Instructions for completing the Swim Test

1. Complete information below
2. Have a certified Lifeguard/water safety instructor observe you and complete the certification below
3. Make a copy of the form for your records
4. Bring a copy to Lincoln Maritime Center

Name of Rower _____

Date of Birth _____

Name of Lifeguard/Water Safety Instructor _____

Life guard Contact Phone _____

Name of Pool _____

Address of Pool _____

Safety Test Certification

I hereby certify the above named rower can swim 100 yards, (no time limit) in a competent manner and remain afloat for at least 5 minutes, and then put on a personal floatation device

Date of Test

Signature of Lifeguard/Water Safety Instructor