

**Commencement Bay Rowing Club: Swim & Float Test**

*This form is good for 5 years from date  
completed*

**Name of Participant:**

All prospective rowing participants must pass a Swim / Float test prior to using any equipment provided by the Commencement Bay Rowing Club.

The Swim / Float test consists of keeping afloat for **ten minutes** without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person.

**OFFICIAL POOL USE ONLY**

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The certified Lifeguard or Water Safety Instructor (WSI) conducting swim/float test must complete the information below:

I, \_\_\_\_\_ am a certified lifeguard / water safety instructor at the pool do hereby certify that remained afloat under his/her own power for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from any object or person.

Date:

Signature: