



Swim Test Form

All Megunticook Rowers are required to pass a swim test or provide recognized documentation of swimming ability (such as a Red Cross water safety card or equivalent). A participant without a valid float test must wear a life jacket while rowing.

To pass the swim test, rowers must:

1. Swim 4 laps in the pool (or 100m)
2. Tread water for 5 minutes
3. Put on a PFD while in the water

Date _____

Athlete Name _____

Athlete Signature _____

I certify that the participant can competently swim 100 yards and remain afloat for at least 5 minutes.

Lifeguard Signature _____

Lifeguard Name _____

Facility name and phone number _____