

Saline Crew Team Swim Test

All Saline Crew members must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below PRIOR to rowing in any boat, barge or coaches launch.

The swim-test is comprised of the following elements: The participant must wear any long-legged exercise pant and T-shirt:

- 1) Tread water or stay afloat for 5 minutes.
- 2) Followed by putting on a life jacket (while treading water).
- 3) Followed by swimming 50 yards (without the life jacket), any stroke, without touching the bottom or using any other support.

Swim Tests may be preformed at the Saline Recreation Center; however please call them to schedule the test. If members do not complete the test, they may row only if wearing a life vest.

Swim Test Certification

I, _____ (*Print guard or instructors name*), certify that
_____ (*Print Saline Crew Members name*) has completed the
requirements described above. This test of swimming ability was given at
_____ (*Location*) on _____ (*Date*).

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor.
My certification expires on _____ (*Date*).

Signature of Guard or Instructor _____

Signature of Saline Crew Team Member _____