

## FLOAT TEST FORM

All prospective rowing participants must pass a Swim / Float test prior to using any equipment provided by ROW or participating in any ROW programs.

This test can be administered by any certified Lifeguard or Water Safety Instructor at your local pool. This test is valid for 6 years.

### **What does the Float Test consist of?**

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes without receiving assistance of any kind from an object or another person.

### **Who is exempt from the Float Test?**

- Any current Lifeguard or Water Safety Instructor (WSI): submit a copy of your card.
- Anyone with a current PADI or similar diving certificate; submit a copy of your certificate. Anyone with a Float Test already on file with ROW or another rowing organization; submit a copy of that test form.

### **How to complete the Float Test form:**

1. Complete the following portion of the form yourself:

Name \_\_\_\_\_

Address \_\_\_\_\_

2. Go to any pool or venue where there is a certified lifeguard and take the test (take the form with you).
3. Have the lifeguard complete the following: The above-named individual has successfully passed the Float Test as required for participation in water-based activities of ROW.

Pool \_\_\_\_\_ Date \_\_\_\_\_

Certified Lifeguard Printed Name \_\_\_\_\_

Signature \_\_\_\_\_

4. Scan or take a picture and email the signed, completed form to [rowonwhidbey@gmail.org](mailto:rowonwhidbey@gmail.org) or drop off with your coach at practice.