



MENDOTA ROWING CLUB  
Lake Mendota · Madison, Wisconsin

# Swim Test Form

- Class participants and members **MUST** pass the swim test.
- If you are not able to pass the swim test you may take it wearing your own automatic inflatable flotation device and will then be required to wear your flotation device when you row. Coxswains can wear a life jacket or vest.
- Swim Test Form must be re-submitted every 5 years.

## Instructions:

1. Fill in name of participant and date of swim test completion
2. Complete form after a certified Lifeguard/Water Safety Instructor has observed the completion of:
  - a. 50-yard swim while fully clothed
  - b. 10 minutes of treading water while fully clothed
  - c. Putting on a lifejacket while in the water after 10 minutes treading water (not required if you are already wearing a flotation device)
3. Make a copy for your records
4. Return this form to boathouse on the first day of the program; or via mail to Mendota Rowing Club, PO Box 646, Madison, WI 53701

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Name of Participant: \_\_\_\_\_

Signature of Parent/Guardian (if applicable): \_\_\_\_\_

Date of Completion: \_\_\_\_\_ Pool Name \_\_\_\_\_

Name of Lifeguard/WSI: \_\_\_\_\_

## Swim Test Certification:

I hereby certify that the participant can (check only one):

- Swim 50 yards without a life jacket
- Tread water for 10 minutes without a life jacket
- Put on a lifejacket after 10 minutes of treading water while fully clothed in a competent manner

OR

- The participant was only able to pass the swim test by using a life vest, life jacket, or inflatable flotation device for the 50 yard swim and treading water for 10 minutes (**Do not check this if the box above has been checked**)

Lifeguard/WSI Signature: \_\_\_\_\_ Date \_\_\_\_\_