



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. 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: \_\_\_\_\_

Name and Location of Pool \_\_\_\_\_

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

### Swim Test Certification:

I hereby certify that the participant can **swim 50 yards, tread water for 10 minutes, and don a lifejacket after 10 minutes of treading water while fully clothed** in a competent manner.

No  Yes  The participant used a life vest, life jacket, or inflatable flotation device for the 50 yard swim and treading water for 10 minutes.

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

Date: \_\_\_\_\_

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