

Triangle Rowing Club  
Swim Test

Rowers Name: \_\_\_\_\_

Rowers Signature: \_\_\_\_\_

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

Location Taken: \_\_\_\_\_

I, \_\_\_\_\_ (name of lifeguard) observed

\_\_\_\_\_ (name of rower) complete the

following swimming test:

- 1) Swim two laps(50yds) of the pool without touching walls or bottom AND
- 2) Tread water for 5 minutes

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Signature of Lifeguard

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Date