

Swim / Float Test

All prospective rowing participants must pass a Swim / Float test prior to using any equipment provided by the High Point Rowing Club or participating in any High Point Rowing Club programs.

The Swim / Float test consists of keeping afloat for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person. You must also be wearing long pants and a long sleeve shirt while undergoing this test.

The certified Lifeguard or Water Safety Instructor (WSI) must complete the information below:

Information below to be filled out by a certified Lifeguard / Water Safety Instructor only

I, _____.

a certified lifeguard / water safety instructor at the _____

pool do hereby certify that _____

remained afloat under his/her own power for ten minutes without touching

the sides or bottom of the pool, and without receiving assistance of any

kind from any object or person.

Date: _____

Signature: _____