

Cleveland Rowing Foundation

Swimming Test Form

All participants in a scholastic, junior or collegiate rowing program utilizing the CRF facility must be able to pass the following swim test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swimming test is comprised of the following:

- 150-yard continuous swim, using any stroke.
- 5-minute continuous tread water.
- Put on a life jacket and secure it while treading water.

I, _____, certify that _____
has completed the above swimming requirements in the order listed above. This test of
swimming ability was given at _____ on _____.

Program/Affiliation
(school, program)

Please complete this form and return it to Cleveland Rowing Foundation