



Three Rivers Rowing Association Swim Test Form

300 Waterfront Drive
Washington's Landing
Pittsburgh, PA
15222-4738
412.231.8772
www.ThreeRiversRowing.org

All rowers, scullers & paddlers must 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 swim-test is comprised of the following elements:

- 50 yards continuous swim, any stroke
- 5 minute continuous tread water wearing sweats
- put on a life-jacket and secure it while treading water

This form should be submitted as part of your TRRA record when completed.

Certification

I, _____, certify that _____
(Print guard or instructors name) **(Print TRRA Members name)**
has completed 50 yards of continuous swimming, followed by 5 minutes of treading water while wearing sweats, and then put on a life jacket while in the water and secured it following the five minutes of treading water.

This test of swimming ability was given at _____ on _____
(Location)

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor.

My certification expires on _____.
(Date)

Signature of Guard or Instructor

Signature of TRRA Member

Affiliation

(school, masters, etc) _____