**MANHASSET CREW SWIM TEST**

To participate in on water training with the MANHASSET CREW TEAM an athlete must have an active swim test form submitted.

The form is valid through his/her rowing career at MANHASSET CREW.

The test consists of swimming 100 yards in a pool (any stroke & any time), after the athlete must tread water for 10 minutes.

Contact the local YMCA, JCC, or other recreational pool to set up a test time. You may find it easier to book as a group.

The form requires a registered lifeguard's signature to clear the athlete.

If you participated on the Middle School/High School swim team please have your coach fill out the form.

If you are SCUBA certified or LIFEGUARD certified please staple a copy of your certification to the swim test form.

**MANHASSET CREW TEAM SWIM TEST FORM**

*MANHASSET CREW TEAM requires that all athletes display adequate swimming skills BEFORE first day of practice.*

1. Complete the participant’s name on Swim Test Form.

2. Have a Certified Lifeguard/Water Safety Instructor/Swimming Coach observe the participant and complete the form below.

3. Make a copy of your form for your records.

4. Bring a completed form to first day of practice (you will not be allowed on the water until properly completed).

**Name of Participant:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of Lifeguard/Water Safety Instructor:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of Pool:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone Number of Pool:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Swim Test Certification**

I hereby certify that the participant can swim 100 yards in a competent manner (any stroke) and can tread water for 10 minutes.

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*Signature of Lifeguard/Water Safety Instructor*

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*Date of Test*

***Keep a copy of the completed swim test for your records.***