

Your name (print very legibly!)_____

All Nereid Youth Learn to Row participants are required to pass, and to have on file at Nereid Boat Club, the following Swim Test Certification. A certified Lifeguard or American Red Cross Water Safety Instructor (WSI) must attest to successful completion of certification by filling out and signing the form below. Participants are required to receive this certification PRIOR to participating in any on water aspects of the program (including rowing or riding in a coach launch) without wearing a life vest.

The swim test is comprised of the following elements and must be completed, while the participant is wearing any long-legged exercise pant and T-shirt:

- 1) Tread water or stay afloat for 5 minutes.
- 2) Followed by putting on a life jacket while treading water (if available).
- 3) Followed by swimming 100 yards (without the life jacket), any stroke, without touching the bottom or using any other support.

Swim Test Certification – This section to be filled out by lifeguard or WSI.

l,	_(Print lifeguard or instructors name)	, certify that
	(Print Learn to Row participants	s name), has
successfully completed the requirements described above. This test of swimming ability		
was given at	(Location) on	(Date).
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 Nereid Participant		