

Essex Rowing Club 2009

Your name (print very legibly!)_____

All members of Essex Rowing Club, Inc. must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor (WSI) attest to completion of this test by signing the form below PRIOR to rowing in any boat, barge or coaches launch.

The swim-test is comprised of the following elements:

- 1) Tread water or stay afloat for 10 minutes.
- 2) Followed by putting on a life jacket while treading water (if available).
- 3) Followed by swimming 200 meters (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 life guard or WSI.

I, _____ (*Print guard or instructors name*), certify that
_____ (*Print ERC Members name*) has 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 ERC Member _____