



Wayland-Weston Crew Swim Test Form

Swim Test Requirement

If you rowed with us in the past, you **DO NOT NEED** to do another swim test. **However**, if you are joining us for the first time, you must take a swim test, or submit a copy of a completed swim test from another program.

You may take the test at **ANY pool with a certified lifeguard**.

Suggestions include the Wayland Town Pool, Weston High School, or Longfellow Health Club or Weston High School. Please call first to check availability. You will need to bring to the pool: 1) this form; 2) a long-sleeve t-shirt; and 3) a swimsuit.

Participant Name: _____

To be completed by Lifeguard

Observer Name: _____

Observer Title: _____

Pool Name: _____

Test Sequence (check when successfully completed):

- ⇒ 1. Wearing long sleeve shirt, swim 100 yards
- ⇒ 2. Tread water for 1 minute
- ⇒ 3. While treading water, remove shirt, and continue treading 4 additional minutes

Observer's Certification: *I hereby certify that* _____
successfully completed each step of this Swim Test.

Observer Signature: _____

Date: _____