

# CLAM ISLAND ROWING



## FLOAT TEST FORM

All Clam Island Rowers must either pass a Float Test or sign an Attestment to Swimming Abilities prior to participating in any water-based activities. The Float Test is valid for 3 years.

**Purpose:** All rowers must demonstrate his/her ability to swim, tread water or float in the unlikely event that he or she ends up in the water. This test ensures that a rower will be secure in water situations until retrieved by the coaching launch.

**FLOAT TEST:** The Float Test is a lifeguard supervised test in which you demonstrate your ability to float, tread water or swim in place for 10 minutes while wearing attire that you might typically wear while rowing (i.e. shirt and shorts or equivalent) in deep water. At the conclusion of the 10 minutes, you must put on a PFD (personal flotation device) while still in the water. The Test can be taken in any swimming pool where there is a certified Lifeguard or Water Safety Instructor (WSI).

### Exemptions:

- Any current certified lifeguard or WSI. Please provide a copy of the certification card.
- Rowers who have completed a Float Test with Clam Island Rowing (CIR) or another rowing organization within the past 3 years. Please provide a copy of the Test if not filed with CIR.

### Completed by Rower:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

### Completed by Lifeguard or WSI:

The above named individual has successfully passed the Float Test as prescribed above.

Pool: \_\_\_\_\_

Address: \_\_\_\_\_

Certified Lifeguard or WSI Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

***Rower: Please provide the completed and signed form to Clam Island Rowing.***