

# Rowing Float Test Form

## What is the float test?

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test, the lifeguard will throw you a life vest, which you must put on while continuing to tread water and wear for the final minute of the test.

## Who is exempt from the float test?

Any *current* Lifeguard or Water Safety Instructor (WSI): submit a copy of your card.

Anyone with a *current* PADI or similar diving certificate; submit a copy of your certificate.

## How to complete the float test.

1. Complete the following portion of the form yourself:

Name \_\_\_\_\_

Address \_\_\_\_\_

2. Go to a swimming pool (not the YMCA) where there is a certified lifeguard, and take the test.

3. Have the lifeguard complete the following:

The above named individual has successfully passed a float test as required for participation in rowing.

Pool \_\_\_\_\_ Date \_\_\_\_\_

Certified Lifeguard \_\_\_\_\_