

CLAM ISLAND ROWING



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?

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 _____

Email _____

2. Go to a swimming pool 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 Print Name _____

Certified Lifeguard Signature _____