



Ridgewood Crew Swim Test Certification

Your Name (print legibly) _____

Prior to any Learn-to-Row Program or competitive racing program, including Ridgewood Crew, participants must pass a **Swim Test**. The swim test has 3 parts:

- 1) A 50 meter (2 laps) swim in a swimsuit
- 2) 25 meter swim in sweatshirt and sweatpants
- 3) Treading water for 5 minutes in sweatshirt and sweatpants.

Swim tests are administered at the Ridgewood YMCA (201-444-5600), Wyckoff YMCA (201-891-2081), or by any certified lifeguard. Rowers should bring swimsuit, sweatshirt/pants, towel, and change of clothing.

Swim Test Certification—this section to be completed by a Red Cross Certified Lifeguard or WSI:

I, _____ (print guard or instructor's name), certify that
_____ (print swimmer's name) has completed the requirements
described above. This test of swimming ability was given on _____ (date).

I am currently certified as an American Red Cross lifeguard and/or Water Safety Instructor.

My certification expires on _____ (date)

Signature of Guard/Instructor: _____

Signature of Swimmer: _____