



Ridgewood Crew Swim Test Certification

Rower 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 can be scheduled by Ridgewood Crew Admin at the [Wyckoff YMCA](#) (dates listed under ‘Lifeguard Pretest dates’) or self-scheduled with any certified lifeguard. Future 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, _____, certify that _____
(print guard or instructor's name) *(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: _____