



RC 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. Rowers should bring swimsuit, sweatshirt/pants, towel, change of clothing and \$15 to cover the cost of the test and be at Grannon Pool 15 minutes prior to the beginning of their scheduled test. Please contact Michael Stacy, Aquatics Director at the YMCA (201-444-5600 x304 or mstacy@ridgewoodymca.org) to schedule an appointment for a swim test.

Swim Test Certification—this section to be completed by 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 at the Ridgewood YMCA on _____(date)

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

My certification expires on _____ (date)

Signature of Guard/Instructor:_____

Signature of Swimmer:_____