

## **PNRA/Mercer Masters Swim Test**

A certified lifeguard must witness this test. This can be done at the YMCA or another venue. You must present this form to the on duty lifeguard in order to take this test. Athletes must wear street clothes (i.e. sweat pants and sweat shirt) for the test. **No rower will be allowed to go onto the water without having completed a waiver, a health questionnaire, and swim test.**

**Requirements:** 150m swim and 5 minutes of treading water

**Location of Test:**

**Rower's Name:**

**Completed (yes/no):**

**\*Name of Tester:**

**Authorized Signature:**

**Date:**

*\* Please provide a copy of your certification with this form.*