

PNRA- Pre High Summer Rowing Camp Swim Test

A certified Red Cross 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 (ie. sweat pants and sweat shirt) for the test. **No rower will be allowed to go onto the water without having completed a waiver and swim test.**

Requirements: 150m swim and 5 minutes of treading water

Location of Test:

Name (Please Print Clearly):

Completed (yes/no):

Name of Tester (Please Print Clearly):

Authorized Signature:

Date: