

# PNRA 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 athletic/rowing clothes (shirt and shorts) for the test. No rower will be allowed to go onto the water without having completed a waiver and swim test.

**Requirements: 50m swim 5 meters must be underwater and 5 minutes of treading water**

**Name of Athlete (Please Print Clearly):** \_\_\_\_\_

**Location of Test: Name (Please Print Clearly):** \_\_\_\_\_

**Completed (yes/no):** \_\_\_\_\_

**Name of Tester (Please Print Clearly):** \_\_\_\_\_

**Authorized Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Jan 2024