



**PELHAM COMMUNITY ROWING ASSOCIATION
SWIM TEST CARD**

Instructions:

- 1) Write Name of Participant on the Swim Test Card;
- 2) Have a certified Lifeguard/Water Safety Instructor observe you and complete form below;
- 3) Make a copy of your card for your records;
- 4) Bring the card the first day of program; or mail a copy to:

Pelham Community Rowing Association
PO Box 8598
Pelham, New York 10803

Name of Participant/Rower: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

Swim Test Certification:

I hereby certify that the participant can **swim 100 yards** in a competent manner and can **remain afloat for at least 5 minutes**.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

Keep a copy of the completed test for your records