



# New Haven Rowing Club

407 Roosevelt Drive (Rte. 34)  
Oxford, CT 06483  
Tel: 203-734-0125

## SWIM TEST CERTIFICATION

Everyone, without exception, must have a valid swim test certification on file with New Haven Rowing Club to participate in the rowing program. The swim test must be observed either by an adult NHRC member or by a person holding a current Red Cross Water Safety Instructor or Sr. Life Guard card (or equivalent).

Name of Participant: \_\_\_\_\_

I certify that the above individual can swim 100 yards in a competent manner and float, relatively motionless, for at least five minutes.

Name and title of Observer:

\_\_\_\_\_

Facility: \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_