



New Bedford Community Rowing
1213 Purchase Street, 2nd Floor
New Bedford, MA 02740
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NEW BEDFORD COMMUNITY ROWING SWIM TEST FORM

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 this form to the boathouse on the first day of program; or mail a copy to:

New Bedford Community Rowing
1213 Purchase Street, 2nd Floor
New Bedford, MA 02740

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 swim test for your records