

Greater Lawrence Rowing Club Swim Test Verification Form

Valid for 4 years from date of completion.

Photocopy of current Life Guard certification may be used as a substitute for this form.

Rowing participant:

Name: _____ Date of swim test: _____

Name of facility where swim test was taken: _____

Phone number of facility: _____

Lifeguard:

I certify that the above named person has completed in a satisfactory manner a 75 yard swim test and a 5 minute tread water test.

Lifeguard Name Printed

Lifeguard Signature