



**Upper St. Clair Rowing
Association**
Awesome rowing in Pittsburgh.

Swim Test

To comply with USCRA's agreement with USRowing, USCRA requires all club members to complete an annual in-person swim test. Where members are unable or unwilling to do so, USCRA will require them to wear life jackets during all "on-water" activities.

All rowers must pass the following swim test and have a certified Lifeguard or American Red Cross Safety Instructor attest to completion of this test by signing the form below.

The swim test is comprised of the following elements:

- 50 yards continuous swim, any stroke
- 5 minutes of treading water wearing practice clothes
- Put on a life jacket and secured it while treading water

Date:	
Rower's Name:	
Rower's Graduation Year:	
Life Guard Name:	
Certification Date Expires:	
Location of Test:	

I, _____(guard name),
certify that _____(rower name)

has completed 50 yards of continuous swimming, followed by 5 minutes of treading water while wearing sweats and then put on a life jacket while in the water and secured it following the five minutes of treading water. I am currently certified as a lifeguard or American Red Cross Safety Instructor.

Signature of Guard or Instructor

Signature of Rower