



DALLAS UNITED CREW SWIM TEST

USRowing now requires every rower to pass a swim test performed by a certified lifeguard. This must be done **BEFORE** the participant will be permitted on the water.

Swim Requirements:

1. Tread water without a PFD (Personal Floatation Device) for 10 minutes
2. At the end of 10 minutes, put on a PFD while in the water.

Participant Name:

To Be Completed by Certified Lifeguard:

Participant

CAN

CANNOT*

successfully perform all as described.

*Participants who are unable to complete the swim test requirements can still row; however, will be required to wear a PFD at all times on or near the water.

Signed: _____
Certified Lifeguard

Printed name: _____

Pool: _____