



www.rocknrow.org

www.rocknrow-marbleheadrowingclub.blogspot.com

Marblehead Rowing Club Swim Certification

Have a certified Lifeguard/Water Safety Instructor observe you and complete the form below. Please make a copy for your records.

Mail a completed copy of this to:

Thomas Vogel
30 Farragut Road
Swampscott, MA 01907

Name of Participant/Rower: _____

Name of Lifeguard/Water Safety Instructor: _____

Name/Location 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**.

Printed Name of Lifeguard/Water Safety Instructor: _____

Signature of Lifeguard/Water Safety Instructor: _____

Date of Test: _____

Keep a copy of the completed swim test for your records