

Three Rivers Rowing Association
Swim Test Form



TRRA Participant: _____

~ Circle Program ~

TRYR	SUMMER ROWING LEAGUE
MASTERS	YOUTH CAMP
ADAPTIVE/PARA	LEARN TO ROW
PADDLING	SEMI-/PRIVATE LESSONS
HIGH SCHOOL TEAM	Other:

The TRRA Swim Test is comprised of the following elements:

- **Continuous swim for 50 yards using any stroke in a competent manner. Athletes cannot touch the bottom, wall or use any swimming aids (kick boards, floats, etc.) during this portion of the test.**
- **Tread water continuously for 5-minutes wearing long spandex pants (or equivalent) and long sleeve shirt.**
- **Put on a life-jacket and secure it while treading water.**

Attestation Form

I certify that the TRRA participant named below has completed the elements of the test listed above and I certify that I am currently a certified lifeguard or American Red Cross Water Safety Instructor.

Lifeguard Name: _____

Lifeguard Certification #: _____

Location of Test: _____

Date of Test: _____

Exception(s) noted by

lifeguard: _____ Signature of

Lifeguard: _____

Participant Signature: <i>Parent/Guardian if under 18</i>	Date:
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