

MCRA Swim Test

A swim test must be administered by a certified lifeguard for all MCRA members and program participants. Rowers under 18 must have this form signed by a parent or guardian. Those with SCUBA certification or Lifeguard certification do not have to take the swim test and should provide a copy of their certification instead.

Items needed for the test:

- This form
- Certified lifeguard
- Light clothing you can get wet
- Personal Floatation Device (PFD/life jacket)

Swim test requirements:

- Swim at least 50 yards/ 50 meters wearing light clothing
- Tread water for at least 2 minutes
- Swim underwater for at least 5 yards/5 meters
- Put on a life jacket while in the water

LIFEGUARD:

I certify that I have observed the participant successfully complete all the swim test requirements listed on this form.

Lifeguard Signature and Printed Name Date _____

Lifeguard Certification (Red Cross, etc.)

Name of testing facility Facility Phone Number _____

PARTICIPANT:

Participant Signature and Printed Name Date _____

Parent/Guardian Signature and Printed Name (If participant is under 18) Date _____

Address: _____

Email: _____

Phone: _____