



Swimming Certificate

ROWER's Name: _____

Address: _____

Note to Lifeguard or Water Safety Instructor

The above named rower has applied to participate in programs of the Riverfront Recapture, Inc. (RRI), a non-profit rowing club in Hartford, CT. Please be so kind as to assist the would-be rower by observing him/her perform the swim test and if same is performed in a satisfactory manner, please sign the certification and give it to the swimmer to return to the RRI head coach.

Thank you for your assistance.

Certification by Lifeguard or Water Safety Instructor

I certify that I personally observed the above named SWIMMER to swim a distance of fifty yards without the aid of any propulsion device such as fins or other aids and without the use of any floatation device and without resting on the side of the pool or any other support. I also observed the named SWIMMER to tread water or float, likewise without aid, support, or use of floatation devices, for a period of five minutes.

Test performed at (name of pool): _____

Date test performed: _____

Lifeguard/WSI Signature _____

Lifeguard/WSI Name (print please) _____

American Red Cross Certification Number _____