

SWIM TEST

A swim test is required for participation in PSRA events. Please take this form to a pool and ask the lifeguard on duty to administer this test. For the test, please note that socks, a sweatshirt and sweatpants must be worn over your bathing suit. Also, there is no time limit for the 50 yard swim.

PSRA RECOMMENDED SWIM TEST

Oarsperson and coxswain must tread water for 10 minutes without touching the bottom or the side of the pool. Upon completion of the 10 minutes of treading water, the person must swim 50 yards. The two tests are done with full sweats and socks, but no shoes.

Name of student taking swim test (print)

LIFEGUARD:

Please administer the above swim test to this student and, on their successful completion of the test, fill out the information below. Thank you.

Name of Lifeguard (print)

Name and phone number of Institution that owns Pool Facility

Please list Lifeguard Certifications (Red Cross, WSI, etc.) and expiration dates

I have seen the above named student successfully complete the PSRA recommended swim test.

Lifeguard Signature

Date