

NARRAGANSETT BOAT CLUB SWIM TEST CARD

Instructions for Completing the Swim Test:

1. complete the information next to the blanks below;
2. have a certified Lifeguard/Water Safety Instructor¹ observe you and complete the certification below;
3. make a copy of your card for your records; and
4. bring the card to the Club and place it in the Secretary's box or mail a copy to:

Narragansett Boat Club
PO Box 60311
Providence, RI 02906
Attention: Secretary

Name of Rower: _____

Rower Birthday: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool: _____

Phone Number of Pool: _____

SWIM TEST CERTIFICATION:

I hereby certify that the above named rower can swim 100 yards (no time limit) in a competent manner and can remain afloat for at least 5 minutes.

Signature of Lifeguard/Water Safety Instructor:

Date of Test: _____

The test must be completed and this Swim Test Card submitted to the Secretary before you row on the water on or after March 1, 2009.

¹ Life Guards during the open at swim period at The JCC of RI, 401 Elmgrove Ave, Providence, RI 02906 401-861-8800 are happy to help complete the form. Non-JCC members will need to pay the pool entry fee.