



ROSE CITY ROWING CLUB

Float Test

The risks of drowning while participating in the sport of rowing are minimal, yet possible. Therefore, prior to any water-based workout, instruction, or recreational participation, this float test must be completed and passed before participating in water activities. (If you cannot pass the test, see instructions below.) You only have to complete this test once.

The Rose City Rowing Club Float Test is composed of two segments:

- 1) Must be able to tread water or float for ten minutes
- 2) Must be able to put on a life jacket at the end of the ten minutes while still treading water.

Please wear clothing similar to what you would wear while rowing, e.g. shorts and tank top (no shoes).

If you cannot pass this Float Test, we will provide you with an inflatable life jacket that you will be required to wear at all times while you are on the dock or water. We encourage you to get swim instruction where you will learn to float and tread water, and then be able to pass the test. RCRC will provide the life jacket for your first season of rowing only. At the beginning of your second season you will be required to purchase an inflatable life jacket of your own (cost \$80).

Instructions

Take this form to a lifeguard or swimming instructor and ask them to administer the above float test for you. Lifeguard or swimming instructor must be someone who is certified by the Red Cross, YMCA, StarGuard, or is a Water Safety Instructor.

Swimmer's Name _____

10-minute tread/float passed _____ (Lifeguard initials)

Able to put on a lifejacket at the end
of the 10-minute tread/float _____ (Lifeguard initials)

Lifeguard/Instructor Signature _____

Print Name _____

Location of test _____ Date _____