

FLOAT TEST

Every participant must successfully pass a float test prior to the first water session of a rowing class.

In deep water, while wearing shorts and a long sleeve shirt, you must float, tread water or swim in place for ten minutes.

Float tests must be taken under the supervision of a lifeguard certified by the American Red Cross.

Contact your local pool or YMCA to schedule a time to take the test.

Name _____

Address _____

The above named individual has successfully passed a float test as required for participation in a rowing class sponsored by the Rio Salado Rowing Club.

+++++ For Pool Use Only +++++

Pool _____ Date _____

Lifeguard Signature _____

Please email the completed form to info2010@riosaladorowing.info, mail it to P.O. Box 1555, Tempe ,AZ ,85280, or bring it with you to the first class.