



Friends of Detroit Rowing
Swim Test Form

FODR Participant: _____

Circle Program(s)

Juniors – High School Team	Middle School Team
Masters	Learn To Row
Rec Rowing	Stem to Stern
Private Rowers	Other:

The FODR Swim Test is comprised of the following elements all while wearing long pants & long sleeve shirt (no cotton allowed in pool).

- Continuous swim for 50 yards using any stroke. Participants cannot touch the bottom, wall or use any swim aids during this portion of the test.
- Tread water continuously for 10 minutes.
- Put on a life jacket and secure it while treading water.

Attestation Form:

I certify that the FODR participant named below has complete the elements of the test listed above and I certify that I am currently a certified lifeguard or American Red Cross Water Safety Instructor.

Lifeguard Name: _____

Lifeguard Certification #: _____

Location of Test: _____

Date of Test: _____

Participant Signature: _____ Date: _____
(Parent/Guardian if under 18)