



Reach High Rowing/Baltimore Community Rowing Swim Test Verification Form

Reach High Rowing requires that all rowers complete a swim test prior to rowing on the water. A swim test must be completed once and is valid for all years that the rower is registered for a Reach High program.

If a rower is a Life Guard, a photocopy of current Life Guard certification may be used as a substitute for the swim test. Please attach a copy of current Life Guard certification to this form.

Rower Name: _____

Date of swim test: _____

Name of facility where swim test was taken: _____

Phone number of facility: _____

Swim Test Certification: I hereby certify that the above-named rower can safely swim 50 meters without stopping and can remain afloat for a minimum of 4 minutes.

Name of Lifeguard/Water Safety Instructor: _____

Signature of Lifeguard/Water Safety Instructor: _____

Please email a copy of this form to rowreachhigh@gmail.com or bring a copy of this form to your first practice. Please retain a copy of this form for your records.