



Bare Hill Rowing Association, Inc.  
Bromfield / Acton-Boxboro Rowing

## BHRA Swim Test

### Participant instructions:

Completed Swim Test Card must be submitted before you will be allowed to row on the water. You can make arrangements through a local swim program or pool to have this test administered by a certified lifeguard or water safety instructor. Return this completed form to the Coach.

Note: Some pools charge a fee for this test; please check before you go.

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## Swim Test Card

To be completed by a certified lifeguard or water safety instructor (Observer):

Name of Participant: \_\_\_\_\_

Name of Observer: \_\_\_\_\_

Title of Observer: \_\_\_\_\_

Name of Pool: \_\_\_\_\_

Phone Number of Pool: \_\_\_\_\_

Swim Test Certification:

**I hereby certify that the above-named person can swim 100 yards in a competent manner and can remain afloat for at least five minutes.**

Signature of Observer: \_\_\_\_\_

Date: \_\_\_\_\_