



Quinsigamond Rowing Club  
237 North Quinsigamond Ave  
Shrewsbury, MA 01545

## Swim Test Certification

All club members must pass the following test\* and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to the completion of this test by signing the form below.

Submit the completed form to the club at the address listed above or place it in the lockbox located in bay 8 of the Donahue Rowing Center, Attn: Secretary.

This is a one-time test and will be kept on file with the QRC.

\*A comparable form/documentation is also acceptable.

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

Name of Rower: \_\_\_\_\_

Name of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Lifeguard/Instructor Certification # and/or date of expiration: \_\_\_\_\_

I hereby certify that this participant has completed 100 yards of continuous swimming and is able to tread water for 10 minutes.

Signature of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_