



Quinsigamond Rowing Club
237 North Quinsigamond Ave
Shrewsbury, MA 01545

Swim Test Certification

All club members must pass a swim 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. The test is 100 yards of continuous swimming and 10 minutes of treading water.*

Submit the completed form to clerk@qrcrowing.org with the subject line "Swim Test"

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

*A comparable form/documentation is also acceptable. Lifeguard or SCUBA certification will also count toward this requirement.

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: _____