

# Sammamish Rowing Association

## Swim Test

You must pass a swim test or provide recognized documentation of swimming ability (such as a Red Cross water safety card, scuba certification, or equivalent) and upload your documentation prior to your first on-water session with Sammamish Rowing Association. Your documentation must have been issued within the last five years. A participant without valid proof of swimming ability will not be able to participate and will remain on land until the document is uploaded.

### How to take the swim test

1. Find a pool with a certified lifeguard and ask the lifeguard to supervise your test. Try your local public pool (such as [Bellevue Aquatic Center](#), [Juanita Aquatics Center](#), [Julius Boehm Pool](#) or summer-only [Peter Kirk Pool](#)), community pool, Y, or health club.
2. Float, tread water, or swim in place for 10 minutes, under the lifeguard's supervision.
3. After 10 minutes, put on a personal flotation device (PFD) while still in the water.
4. Make sure your name is on the form and have the lifeguard complete and sign.

### Upload your test as follows (SRA does not accept paper or emailed swim tests):

1. Scan or take a picture of your completed form.
2. Go to <https://campself.active.com/SammamishRowingAssociation> to access your online account.
3. Log on to your account, scroll down to the Swimming Ability line, and click Upload Form.
4. Send an email to [registration@srarowing.com](mailto:registration@srarowing.com) to notify the office that your test has been uploaded.
5. Keep the original test for your own records.

### For Lifeguard Use

*The following participant has successfully passed a 10-minute swim test under my supervision.*

Participant Name \_\_\_\_\_

Date of Test \_\_\_\_\_

Lifeguard Name \_\_\_\_\_

Lifeguard Signature \_\_\_\_\_

Pool/Beach Name \_\_\_\_\_