

# 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](#), [Redmond Pool](#), [Juanita Aquatics Center](#), or [Julius Boehm Pool](#)), community pool, Y, or health club. If you are on a swim or dive team, your coach can administer your test or attest to your swimming ability.
2. Float, tread water, or swim in place for 10 minutes under the lifeguard's/coach'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/coach complete and sign.

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

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

### For Lifeguard/Coach Use

*The following participant successfully passed a 10-minute swim test under my supervision or has demonstrated the ability to do so through participation on a swim/dive team under my supervision.*

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

Test date (month/date/year) \_\_\_\_\_

Lifeguard/Coach Name \_\_\_\_\_

Lifeguard/Coach Signature \_\_\_\_\_

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