



Swimming Certificate



Rower's Name: _____

Address: _____

Certification by Lifeguard or Water Safety Instructor

I certify that I personally observed the above named SWIMMER to swim a distance of 500 meters without the aid of any propulsion device such as fins or other aids and without the use of any floatation device and without resting on the side of the pool or any other support. I also observed the named SWIMMER to tread water or float, likewise without aid, support, or use of floatation devices, for a period of five minutes.

Test performed at (name of pool): _____

Date test performed: _____

Lifeguard/WSI Signature _____

Lifeguard/WSI Name (print please) _____

American Red Cross Certification Number _____