



Swim Test Completion Form

Power Ten Rowing Club

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Orlando, FL 32860

www.powertenrowing.org

Parental Certification to Power Ten Rowing Club, Inc.

Rowing is a water related activity. Because rowing is a water related activity, it is critical that each rower have certain basic swimming skills. In order to induce Power Ten to allow your son or daughter to participate in any water related activity the parent or parents of each rower shall be responsible to test their son or daughter's basic swimming skills by conducting the Swim Test set forth below. After the Swim Test has been successfully completed, a parent of each rower must complete this Certification and provide it to Power Ten by submitting it to the Administrative Officer (Mary Klein). No rower will be permitted to participate in any water related activity without a parent having first successfully completed the Swim Test Certification Form and having submitted this Certification to Power Ten.

The Swim Test is comprised of the following in the order shown without rest intervals:

- 1) Jump feet first into water over the head in depth, level off, and begin swimming.
- 2) Then swim 100' using any stroke. The 100' feet must be completed in one swim without stops and include at least one 180-degree turn.
- 3) Then tread water or stay afloat for 5 minutes without touching bottom or using any floatation device or other support.
- 4) Complete all form spaces below and submit to Administrator officer.

I, the undersigned parent of _____ (Rower's Name) hereby attest and certify that my son or daughter has taken and passed the Swim Test and request Power Ten to allow them to participate in water related activities:

Parent Name: (print) _____

Parent Signature: _____

Test date: _____

STATE OF FLORIDA, COUNTY OF ORANGE

The foregoing instrument was verified, sworn to and acknowledged before me this ____ day of _____, 200__, by _____, as parent of _____ (Rower's Name), who is personally known to me or who presented _____ as identification and who did take an oath.

(Name: Printed, Typed or Stamped)

Notary public, State of Florida

My Commission Expires: