

**AJR Swim Test Verification**  
**(new members only)**

**Rower's Name:** \_\_\_\_\_  
**Season/Year:** \_\_\_\_\_

**Why do I need to complete a swim test?**

Rowing is a water sport and while the possibility of falling in the water is relatively low, it is still a risk. Each AJR member must prove his/her ability to swim. Before you are permitted to row with AJR, you must provide a written record that a certified lifeguard has observed your ability to swim 100 yards and remain afloat (tread water) for 5 minutes. There are no exceptions to this policy. If you are a lifeguard, please provide a copy of your certification.

AJR members may take their swim test at any pool that has a certified lifeguard or water safety instructor. Tests are given at the Anne Arundel Olympic Swim Center on Riva Road for a nominal entry fee. Tell the attendant at the front desk that you need to have a lifeguard verify your ability to swim 100 yards without stopping and tread water for 5 minutes.

Name of participant/rower: \_\_\_\_\_

**Swim Test Certification:**

I hereby certify that the above named rower can **safely swim 100 yards without stopping and can remain afloat for a minimum of 5 minutes.**

Printed name of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Name and Phone Number of Pool: \_\_\_\_\_

Signature of Lifeguard/Water Safety Instructor: \_\_\_\_\_

Date of Test and Certification: \_\_\_\_\_