

Burton Beach Rowing Club Float Test

This form is valid for 3 years from date completed

All rowing participants must pass a Swim/Float test.

What does the float test consist of?

In deep water, while wearing long pants and a long sleeved shirt, you must:

- 1) Float, tread water, or swim in place for 10 minutes, without touching the sides or bottom of the pool.
- 2) In the final minute of the test, the lifeguard will throw you a life vest, which you must put on while continuing to tread water and wear for the final minute of the test.

Who is exempt from the float test?

- 1) Any current Lifeguard or Water Safety Instructor: submit a copy of your card.
- 2) Anyone with a current PADI or similar diving certificate: submit a copy of your certificate.

How to complete your float test:

- 1) A float test must be performed under the supervision of a lifeguard certified by the American Red Cross.
- 2) Locations:
 - Vashon Pool (206) 463-3787
 - Vashon Athletic Club (206) 463-5601
 - Vashon Country Club - Summer months (206) 463-9410
 - In West Seattle: Southwest Pool (206) 684-7440

Name of Participant: _____

The above named individual has successfully passed a float test as required for participation in the program sponsored by the Burton Beach Rowing Club.

Pool: _____ Date: _____

Certified Lifeguard: _____