



Narragansett Boat Club Swim Test Form

Narragansett Boat Club 2 River Rd
PO Box 603011
Providence, RI 02906-0011 www.rownbc.org

Rowing is a water sport and it is important that you demonstrate a level of swimming competence in order to participate in rowing.

To row without a personal floatation device (PFD), NBC requires that all members and class participants complete a swim test to demonstrate their ability to 1) competently swim for 100 yards, 2) stay afloat unaided for five minutes, followed by 3) put on a PFD while in the water. The swim test must be verified by a certified Lifeguard/Water Safety Instructor. Ideally, the swim test should be completed in rowing clothes.

Fill out this form and have it signed by a certified Lifeguard/WSI upon completion of the test. Please retain a copy of the signed form for your records and send a scanned copy verifying your successful completion of the swim test to programs@rownbc.org prior to your first day of on-water rowing, either as a member or as a class participant.

If you require a floatation device to complete the swim test, you must wear a life jacket at all times when rowing out of NBC.

Name of Participant/Member (please circle): _____

Name of Pool: _____

Name of Lifeguard/Water Safety Instructor: _____

I hereby certify that the participant can swim 100 yards in a competent manner, remain afloat unaided for at least 5 minutes, and put on a PFD while in the water.

OR

The participant was only able to complete the swim test when wearing a life vest or using a floatation device.

Signature of Lifeguard/Water Safety Instructor: _____

Date of Swim Test: _____

Note: Swim test forms may be signed by any certified lifeguard or swim instructor after taking the test, and may be undertaken at any local pool, such as the JCC, the Y, PODS, etc. You do not have to be a member at these pools to take a swim test, often at no or minimal cost. NBC also occasionally organizes a designated morning at a local pool to facilitate swim tests.