



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: _____