

Sammamish Rowing Association

Swim Test

You must pass a swim test or provide recognized documentation of swimming ability (such as Red Cross water safety card or equivalent) and upload your test prior to your first on-water session with Sammamish Rowing Association. A participant without a valid swim test will not be able to participate and will remain on land until the test is uploaded.

How to take the swim test

1. Find a pool with a certified lifeguard and ask the lifeguard to supervise your test. Try your local public pool, health club, or YMCA.
2. Float, tread water, or swim in place for 10 minutes, under the lifeguard's supervision.
3. After 10 minutes, put on a personal flotation device (PFD) while still in the water.
4. Have the lifeguard sign the form below.

SRA DOES NOT ACCEPT paper or emailed swim tests. Upload your test as follows:

1. Make sure your name is on the form and the form is signed by a certified lifeguard.
2. Scan or take a picture of your completed form.
3. Go to <https://campsself.active.com/SammamishRowingAssociation> to access your online account.
4. Log on to your account, scroll down to the Swimming Ability line, and click Upload Form.
5. Send an email to registration@srarowing.com to notify the office that your test has been uploaded.
6. Keep the original test for your own records.

For Lifeguard Use

The following participant has successfully passed a 10-minute swim test under my supervision.

Participant Name _____

Pool/Beach Name _____

Date _____

Lifeguard Name _____

Lifeguard Signature _____