

Sammamish Rowing Association

Swim Test

You must pass a swim test or provide recognized documentation of swimming ability (such as a Red Cross water safety card, scuba certification, or equivalent) and upload your documentation prior to your first on-water session with Sammamish Rowing Association. Your documentation must have been issued within the last five years. A participant without valid proof of swimming ability will not be able to participate and will remain on land until the document 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 (such as [Bellevue Aquatic Center](#), [Redmond Pool](#), [Juanita Aquatics Center](#), or [Julius Boehm Pool](#)), community pool, Y, or health club.
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. Make sure your name is on the form and have the lifeguard complete and sign.

Upload your test (SRA does not accept paper or emailed swim tests)

1. Scan or take a picture of your completed form.
2. Go to <https://campself.active.com/SammamishRowingAssociation> to access your account.
3. Log on to your account, scroll down to the Swimming Ability line, and click Upload Form.
4. Email registration@srarowing.com to notify SRA that your test has been uploaded.
5. 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 _____

Date of Test _____

Lifeguard Name _____

Lifeguard Signature _____

Pool/Beach Name _____