



Swim Test Certification

In accordance with the US Rowing safety guidelines, all Miami International RowHouse rowers must be certified in swimming.

Rowers should be able to

1. Tread water for 10 minutes.
2. At the end of the 5 minutes, without a break, put on a lifejacket.
3. Be able to climb out of the water without assistance.

I certify that _____ is able to meet the above swim test requirements for the rowing program.

Certified By: _____

Signed: _____
Parent or Instructor