



Tulsa Youth Rowing Association

Swim Test Certificate

As a currently accredited lifeguard, I certify that I have observed:

Applicant's Name (please print)

successfully complete a swim test consisting of staying afloat for 5 minutes without aid, and swimming 50 meters without aid (both of which while keeping the head above water).

Lifeguard Name (please print)

Pool Location and Phone #

Lifeguard Signature

Date

Date that applicant will be a graduating senior

Please bring this completed swim test certificate to the first practice you attend. **You will not be allowed to participate in the Tulsa Youth Rowing Association on-the-water activities without this completed certificate.**