



# BERGEN COUNTY ROWING ACADEMY

A 501(c)3 Not-for-Profit Incorporation  
137 Bergen Avenue #C4 • Ridgefield Park, NJ 07660  
[www.bcrowingacademy.com](http://www.bcrowingacademy.com)  
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## SWIM TEST FORM

Athlete's Full Name: \_\_\_\_\_

All Bergen County Rowing Academy participants must pass the following swim test and have a certified lifeguard or American Red Cross Water Safety Instructor (WSI) attest to completion of this test by signing the form prior to rowing in any boat, barge or coaching launch.

The swim test is comprised of the following elements: The participant must wear any long-legged exercise pant and T-shirt:

- Tread water or stay afloat for 5 minutes
- Followed by putting on a life jacket while treading water (if available)
- Followed by swimming 50 yards (without life jacket), any stroke, without touching the bottom or using any other support.

If BCRA participants do not complete the test, they may row only if wearing a life vest.

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*(This section is to be completed by a lifeguard or WSI)*

I, \_\_\_\_\_ *(print lifeguard or WSI's name)*, certify that  
\_\_\_\_\_ *(print BCRA participant's name)* has completed the  
requirements described above. The test for swimming ability was administered at  
\_\_\_\_\_ *(location)* on \_\_\_\_\_ *(date)*.

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor. My  
certification expires on \_\_\_\_\_ *(date)*.

Signature of Lifeguard or WSI: \_\_\_\_\_

Signature of BCRA Participant: \_\_\_\_\_