

# Upper Valley Rowing Foundation

## Swim test certification

I certify that \_\_\_\_\_  
has successfully completed the Upper Valley Rowing Foundation swim  
test, meeting the following requirements:

- Tread water for 10 minutes
- Swim for 50 yards
- Put on life jacket that is thrown into the water
- Swim to the nearest ladder or edge and climb out of the pool

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Certified Lifeguard Signature

Date

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Printed Name    Affiliation (Dartmouth College/UVAC/CCBA/Storrs)\*

\*All tests will be administered through Dartmouth College, Upper Valley Aquatic Center, CCBA or Storrs Pond unless prior approval has been obtained from the UVRF Board of Directors to use an alternate site.