

# LWRC FLOAT TEST FORM

In deep water, while wearing long pants and a long sleeve shirt (light workout/rowing attire), you must tread water or swim in place for ten minutes. In the final minute of the test, you must put on a life vest while continuing to tread water.

## Seattle Pool Options:

Ballard – 1471 NW 67 <sup>th</sup>	206-684-4094
Evans (Green Lake) – 7201 E. Green Lake Dr.	206-684-4961
Helene Madison – 13401 Meridian N.	206-684-4979
Meadow Brook – 10515 35 <sup>th</sup> NE	206-684-4989
Medger Evars – 500 23 <sup>rd</sup> E.	206-684-4766
Queen Anne – 1920 1 <sup>st</sup> W.	206-386-4282
Ranier Beach – 8825 Rainier S.	206-386-1944
Southwest – 2801 SW Thistle	206-684-7440

Health clubs and YMCA's are also options.

### You are exempt from taking the float test:

- If you are a CURRENT Lifeguard or Water Safety Instructor (WSI), submit a copy of your card.
- If you have a current Scuba Certification Card or equivalent.
- If you have a swim test on file with another club, you may submit a copy of that test.

Name \_\_\_\_\_

The above named individual has successfully passed a float test as required for the participation and/or membership of Lake Washington Rowing Club's activities.

Pool \_\_\_\_\_

Date \_\_\_\_\_

Certified Lifeguard \_\_\_\_\_