



Float Test Form

Your safety is of the utmost importance to the team. Becoming part of Tempe Junior Crew (TJC) requires you to confirm that you are a competent swimmer. Documentation of this fact is required, and is kept on file for insurance purposes. It may be also made available by TJC upon request.

You must complete a float test or provide equivalent Red Cross Certification (see below) as confirmation of your swimming ability. You only need to provide the proof once; we will keep it on file while you row for TJC.

What is a Float Test?

The Float Test is a swimming competency test. It is conducted in deep water, with you wearing shorts and a long-sleeved shirt in the water (over a suit is recommended). You will be asked to float, tread water and/or swim in place for ten minutes—touching the bottom or sides of the pool is not allowed.

The requirement can be met one of three ways:

1. Provide a copy of your current Water Safety Instructor (WSI) certification, or
2. Provide a copy of your current Advanced Lifesaving certification, or
3. Take a float test.
 - a. Float tests must be taken at a swimming pool under the supervision of a lifeguard certified by the American Red Cross.
 - b. Float tests may be obtained free of charge at your local YMCA. Please call the YMCA in advance to inquire about arrangements.

What to Do with the Proof

You must provide proof of swimming competency prior to participating in your first water session of a rowing class, camp, or TJC practice. Fill out the form (please write legibly!), schedule and take the test, get the form below signed by the witnessing lifeguard, then return this form to:

Email: membership@tempejuniorcrew.org
(If you need to mail, please email me for a mailing address.)

Athlete/Rower Information

Participant Name (TJC rower): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Birthdate: _____ Phone: _____

Lifeguard's Confirmation of Athlete's Swimming Competency

The above-named individual has successfully passed a float test to meet eligibility requirements for participating in a rowing activity sponsored by Tempe Junior Crew.

Lifeguard Name: _____ Signature: _____

Pool: _____ Date: _____