



Pocock Rowing Club Float Test Form
Revised 4/2023

All prospective rowing participants must pass a Swim / Float test or provide proof of exemption as provided below, prior to using any equipment provided by the Pocock Rowing Club or participating in any Pocock Rowing Club programs. This test can be administered by any certified Lifeguard or Water Safety Instructor at your local pool.

What does the Float Test consist of?

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes without receiving assistance of any kind from an object or another person.

Who is exempt from the Float Test?

Any *current* Lifeguard or Water Safety Instructor (WSI): submit a copy of your card. Anyone with a *current* PADI or similar diving certificate; submit a copy of your certificate. Anyone with a Float Test already on file with PRC or another rowing organization; submit a copy of that test form.

I certify that I am exempt from the Float Test. Attached is my proof of exemption.

Printed Name (First & Last) _____ Date of Birth _____

Address _____

Signature _____

How to complete the Float Test form

1. Complete the following portion of the form yourself:

Printed Name (First & Last) _____ Date of Birth _____

Address _____

2. Go to any pool or venue where there is a certified lifeguard and take the test (take the form with you).

3. Have the Certified Lifeguard complete the following:

The above-named individual has successfully passed the Float Test as required for participation in water-based activities of the Pocock Rowing Club.

Pool _____ Date _____

Printed First Name _____ Last Name _____

Signature _____

Date: _____

4. Mail the signed, completed form to Pocock Rowing Club at 3316 Fuhrman Ave E, Suite 100 Seattle, WA 98102 or bring the completed form to the Pocock Rowing Club located at 3320 Fuhrman Avenue E, Seattle WA 98102