



## FLOAT TEST

**YOUR SAFETY IS OF THE UTMOST IMPORTANCE.** PARTICIPATING IN COASTAL ROWING TRAINING AT COMMUNITY ROWING OF SAN DIEGO (CRSD) 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 CRSD 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 WITH CRSD.

### **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.
  1. FLOAT TESTS MUST BE TAKEN AT A SWIMMING POOL UNDER THE SUPERVISION OF A LIFEGUARD CERTIFIED BY THE AMERICAN RED CROSS.
  2. MEMORIAL POOL ([HTTPS://WWW.SANDIEGO.GOV/POOLS/MEMORIAL-POOL](https://www.sandiego.gov/pools/memorial-pool)) IS THE CITY POOL CLOSEST TO CRSD. IT CAN BE ACCESSED FOR \$4 AND IS OPEN MONDAY'S-FRIDAYS FROM 13-1700 PT.

### **WHAT TO DO WITH THE PROOF?**

YOU MUST PROVIDE PROOF OF SWIMMING COMPETENCY PRIOR TO PARTICIPATING IN YOUR FIRST WATER COASTAL ROWING TRAINING SESSION AT CRSD. FILL OUT THE FORM (PLEASE WRITE LEGIBLY!), SCHEDULE AND TAKE THE TEST, GET THE FORM BELOW SIGNED BY THE WITNESSING LIFEGUARD, THEN EMAIL THIS FORM TO:

[AMIRM@COMMUNITYROWINGSD.ORG](mailto:AMIRM@COMMUNITYROWINGSD.ORG)



FLOAT TEST FORM

**ATHLETE/ROWER INFORMATION**

PARTICIPANT NAME (CRSD ROWER): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_ ZIP CODE: \_\_\_\_\_

BIRTHDATE: \_\_\_ / \_\_\_ / \_\_\_\_\_ PHONE NUMBER: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**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 COASTAL ROWING ACTIVITY SPONSORED BY COMMUNITY ROWING OF SAN DIEGO.

POOL NAME: \_\_\_\_\_

POOL ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_ ZIP CODE: \_\_\_\_\_

LIFEGUARD NAME: \_\_\_\_\_

LIFEGUARD/LIFEGUARD SUPERVISOR ORGANIZATIONAL EMAIL ADDRESS:

\_\_\_\_\_

LIFEGUARD SIGNATURE: \_\_\_\_\_

DATE: \_\_\_ / \_\_\_ / \_\_\_\_\_