



LAKE OSWEGO COMMUNITY ROWING

FLOAT TEST

Participants must either successfully pass a float test or provide recognized documentation of swimming ability (such as Red Cross water safety card or equivalent) prior to the first “on the water” session, class or activity with Lake Oswego Community Rowing.

INSTRUCTIONS:

Take the form to any school or community pool, YMCA, athletic club, etc. and ask the lifeguard or swim instructor to administer the test. (It’s suggested to call ahead and schedule an appointment.) Have the lifeguard or swim instructor complete the information on the form. Return the form to your instructor at the first class.

Below is a partial list of local public swimming pools where the test can be administered; however, the test can be taken at any convenient location:

Lake Oswego School District Pool	2400 Hazel Road, Lake Oswego	(503) 534-2330
North Clackamas Aquatic Park	7300 SE Harmony Rd, Milwaukie	(503) 794-8080
Southwest Indoor Pool	6820 SW 45 th Ave.	(503) 823-2840
Sellwood Outdoor Pool	7915 SE 7 th	(503) 823-3679

HOW TO TAKE THE TEST:

1. In deep water, you must float, tread water or swim in place for 10 minutes while wearing attire that you might typically wear while rowing (T-shirt and shorts or equivalent. No bathing suits, please.)
2. At the conclusion of 10 minutes, you must put on a PFD (personal flotation device) while still in the water.
3. The test must be administered by a lifeguard or swim instructor who has passed the Red Cross or YMCA Life Saving course or is a Water Safety Instructor (WSI).

The following participant has successfully passed a ten minute float test as required by Lake Oswego Community Rowing.

PRINTED Participant Name _____

Location _____

Lifeguard Name _____

Lifeguard Signature _____ Date _____

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