**Ridgewood Crew (d/b/a Maroon Blades)**

 **Swim Test Certification**

Your Name (print legibly)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prior to any Ridgewood Crew/Maroon Blades Learn-to-Row Program or competitive racing program, participants must pass a Swim Test. The swim test has 3 parts:

1) a 50 meter (2 laps) swim in a swimsuit

2) 25 meter swim in sweatshirt and sweatpants

3) treading water for 5 minutes in sweatshirt and sweatpants

Swim tests are administered at the Ridgewood YMCA. Rowers should bring swimsuit, sweatshirt/pants, towel, change of clothing and $15 to cover the cost of the test and be at Grannon Pool 15 minutes prior to the beginning of their scheduled test. Please contact Ryan Ross, Aquatics Director, at the YMCA (RRoss@ywcabergencounty.org, 201-444-5600) to schedule an appointment for a swim test.

**Swim Test Certification—this section to be completed by lifeguard or WSI:**

I,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print guard or instructor’s name), certify that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print swimmer’s name) has completed the requirements described above. This test of swimming ability was given at the Ridgewood YMCA on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date).

I am currently certified as a lifeguard and/or American Red Cross Water Safety Instructor.

My certification expires on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date)

Signature of Guard/Instructor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Swimmer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_