

FLOAT TEST

Every participant in a Vashon Island Rowing Club program is required to successfully complete a float test prior to the first water session.

In deep water, while wearing long pants and a long sleeved shirt, you must float, tread water or swim in place for 10 minutes. In the final minute of the test you must put on a life vest while continuing to tread water.

A ten minute float test is valid for three years

Float tests must be taken at public swimming pools or public beaches under the supervision of a lifeguard certified by the American Red Cross

A float test can be taken at the Vashon Athletic Club before the start of your rowing class session. VAC will charge a small fee for this test and it will be valid for three years. (During the summer, you may be able to get the test at the King County pool 463-3787 or the Vashon Country Club pool also).

Name: _____

Address: _____, City _____, State ____ Zip ____

The above named individual has successfully passed a Float test as required for participation in the program sponsored by Vashon Island Rowing Club.

-----**FOR POOL USE ONLY**-----

POOL: _____ **DATE:** _____

**LIFEGAURD
VALIDATION:** _____