



Palmetto Rowing Club Water Safety Test

Every new member must successfully pass a float and swim test within one month of their first training session. Current members are required to have a float and swim test on file. Qualified rowers accredited by another rowing club must successfully pass the float and swim test within 30 days of their first sculling or rowing session with the Palmetto Rowing Club. **Failure to timely submit a certified test may lead to immediate loss of rowing privileges.**

The two part test consists of the following:

1. In deep water, while wearing shorts and a long sleeve shirt or equivalent, you must float, tread water or swim in place for five minutes.
2. Immediately after the test float, you must swim a distance of 50 meters.

Water safety tests must be taken under the supervision of a lifeguard certified by the American Red Cross. Tests are administered by the Island Rec Center.

Contact Steve Wright or Marla Morris at 681-7273 to schedule the test.

Applicant name: _____

Address: _____

+++++ For Lifeguard Use Only +++++

The above named individual has successfully passed a water safety test as required above for participation in Palmetto Rowing Club water activities.

Date: _____

Lifeguard name: _____

Signature: _____

MAIL THIS COMPLETED FORM TO:

Debbie Esposito
35 Queen's Way
Hilton Head Island, SC 29928