

# Kitsap Rowing Association

P.O. Box 232

Indianola, WA. 98342



## FLOAT TEST FORM

All KRA rowers must either pass a Float Test or sign an Attestment to Swimming Abilities prior to participating in any water – based activities. The Float Test is a onetime only requirement.

**Purpose:** All rowers must demonstrate his/her ability to swim, tread water or float in the unlikely event that he or she ends up in the water. This Test ensures that a rower will be comfortable in water situations until retrieved by the coaching launch.

**FLOAT TEST:** The Float Test must be conducted by a certified Lifeguard or Water Safety Instructor (WSI). It requires the rower to swim, tread water or float in deep water for 10 minutes while wearing long pants and a long sleeve shirt. In the final minute of the Test, the Lifeguard or WSI will throw the rower a life vest at which time must be donned while treading water for the remainder of the Test. The Test can be taken in any swimming pool where there is a certified Lifeguard or WSI.

### Exemptions:

- Any current certified lifeguard or Water Safety Instructor (WSI). Please provide copy of certification card.
- Rowers who have completed a Float Test with the Kitsap Rowing Association (KRA) or another rowing organization. Please provide copy of the Test if not filed with KRA.

Completed by Rower:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Completed by Lifeguard or WSI:

The above named individual has successfully passed the Float Test as prescribed above.

Pool: \_\_\_\_\_

Address: \_\_\_\_\_

Certified Lifeguard or WSI:

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Rower: Please mail the completed and signed form to the Kitsap Rowing Association.