

Maclay Crew Mandatory Swim Test Form
New & Returning Members

Maclay Crew requires that all participants take and pass the following swim test (administered by a currently certified lifeguard/swim instructor as directed by the Athletic Director) prior to tryout or participation in crew.

Instructions to Lifeguard/Swim Instructor:

1. Swimmer must swim any stroke, or combination of strokes for 100 yards without interruption (or touching sides or bottom of pool at any time during the entire test), followed immediately by
2. Floating or treading water for ten minutes.
3. During this test a lifejacket will be tossed to the swimmer who will be required to successfully put it on.

Swimmer Information

Name (Print) _____

Phone _____ Date of Test _____

Test Results

Swim 100 yards	_____	Lifeguard Initials
Tread/Float 10 minutes	_____	Lifeguard Initials
Put on Lifejacket	_____	Lifeguard Initials

Lifeguard/Swim Instructor Information

Name (Print) _____

Signature _____

Certification (Red Cross/YMCA) & No. _____

Location _____