

LUC Crew Float Test Form

Every participant must successfully pass a float test prior to the first water session of Lake Union Crew. The float test consists of floating, treading water, or swimming in place for ten minutes in deep water, while wearing long pants and a long sleeve shirt. 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 3 years.

Float tests must be given at public swimming pools or public beaches under the supervision of a lifeguard certified by the **American Red Cross**. Regular pool admission is charged.

If you need this form for another program outside of Lake Union Crew please have the lifeguard sign and stamp multiple copies. Lake Union Crew must keep their copy on file permanently.

Athlete Name _____

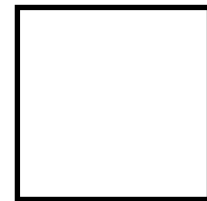
Parent Name _____

Phone Number _____

The above athlete has successfully passed a float test as required for participation in Rowing Programs at **Lake Union Crew**.

Swimming Pool / Beach / Office Use Only

Swimmers Identification Verified _____
(Initials)



Validation Stamp

Lifeguard Name _____

Signature _____ Date _____