

Holy Names Academy Crew Float-Test Form

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All HNA rowers and coxswains are required to take a float test in order to verify that they are able to float and/or swim for at least 10 minutes. Print this page and take the float test form (below) to a public or private pool where a **Certified Water Safety Instructor** can conduct the test.

Holy Names Academy must have an **ORIGINAL COPY** of the float-test form. If you have participated in the Lake Union Crew/Holy Names Academy summer camps in the past three years, you do not have to re-take the test as long as we can locate your form.

You are exempt from taking the float test:

- If you are a CURRENT Lifeguard or Water Safety Instructor (WSI); submit a copy of your card.
- If you have a current Scuba Certification Card or equivalent; submit a copy of your card.
- If you have a swim/float test on file with another club, you may submit an original copy of that test.

Procedure

In deep water, while wearing long pants and a long sleeve 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 10-minute float test is valid from the learn-to-row camp/novice year through high school graduation. The HNA Athletic Trainer and HNA Crew Coaches reserve the right to request a retest if a student experiences a serious injury or illness.

Swimming Pool / Beach / Office Use Only

Participant: _____
First Name Last Name

Address: _____
Street

City State ZIP

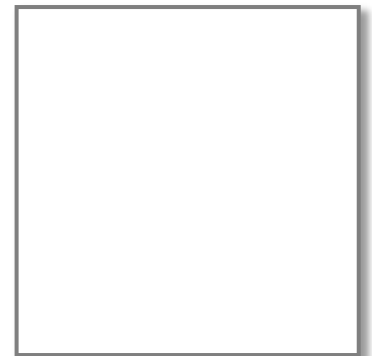
Lifeguard: _____
First Name Last Name

Participant Identification Verified? _____
(Lifeguard Initials)

*The above individual has successfully passed a float test as required for participation in **Holy Names Academy Crew programs**.*

Lifeguard Signature: _____

Date: _____



**Pool/Beach
Validation Stamp**