BOTHELL HIGH SCHOOL
CREW SWIM AND FLOAT TEST

Participants must either successfully pass a float test or provide recognized documentation of swimming ability (such as Red Cross water safety card or equivalent) prior to the first "on the water" session, class or activity with Bothell High School.

HOW TO TAKE THE FLOAT TEST:

1. Find a pool with a lifeguard. This may be your local public pool (the internet can be a good tool to find your nearest public pool), your health club or a YMCA.
   a) Participant must complete a 150 meter swim without touching the bottom of the pool.
   b) In deep water, you must float, tread water or swim in place for 10 minutes while wearing attire that you might typically wear while rowing (tee-shirt and shorts or equivalent. No bathing suits, please.)
   c) At the conclusion of 10 minutes, you must put on a PFD (personal flotation device) while still in the water.

2. Float tests must be taken under the supervision of a lifeguard certified by the American Red Cross.

For Pool Use

The following participant has successfully passed a 150 meter swim and ten minute float test as required for participation in a small craft program sponsored by Bothell High School.

PRINTED Participant Name _____

Pool/Beach _____ Date _____

Lifeguard Name _____

This form must be returned to Bothell High School Athletic Department prior to participation in crew activities.