

Bainbridge Island Rowing

221 Winslow Way West #204, Bainbridge Island, WA 98110

www.bainbridgerowing.org

206-842-2004

Float Test Form

What is the float test?

In deep water, while wearing long pants and a long sleeve shirt, you must float, tread water, or swim in place for ten minutes. In the final minute of the test, the lifeguard will throw you a life vest, which you must put on while continuing to tread water and wear for the final minute of the test.

Who is exempt from the float test?

- Any *current* Lifeguard or Water Safety Instructor (WSI): submit a copy of your card.
- Anyone with a *current* PADI or similar diving certificate; submit a copy of your certificate.
- Anyone with a float test already on file with BIR or another rowing organization: submit a copy of that test form.

How to complete the float test

1. Complete the following portion of the form yourself:

Name _____

Address _____

2. Go to the Ray Williamson or any other swimming pool where there is a certified lifeguard, and take the test.
3. Have the lifeguard complete the following:

The above named individual has successfully passed a float test as required for participation in water-based activities of Bainbridge Island Rowing.

Pool _____ **Date** _____

Certified Lifeguard _____

4. Mail the signed, completed form to Bainbridge Island Rowing at the address above or bring it to your orientation meeting as directed.