



Olympia Area Rowing (OAR) -- Swim Test Form

I certify that _____ has successfully completed the swim test necessary to participate in the Olympia Area Rowing Sweep Program. This involves jumping into deep water (over your head), wearing workout clothes (shorts and a shirt), and treading water without assistance for at least 10 minutes.

Lifeguard: _____

Facility: _____

Date & Time: _____

Phone: _____