

# FLOAT TEST

Every participant in a Vashon Island Rowing Club program is required to successfully complete a float test prior to the first water session.

***In deep water, while wearing long pants and a long sleeved 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 ten minute float test is valid for three years**

Float tests must be taken at public swimming pools or public beaches under the supervision of a lifeguard certified by the American Red Cross

**A float test can be taken at the Vashon Athletic Club before the start of your rowing class session. VAC will charge a small fee for this test and it will be valid for three years. (During the summer, you may be able to get the test at the King County pool 463-3787 or the Vashon Country Club pool also).**

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Name: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_,  
City \_\_\_\_\_, State \_\_\_\_ Zip \_\_\_\_\_

***The above named individual has successfully passed a Float test as required for participation in the program sponsored by Vashon Island Rowing Club.***

-----FOR POOL USE  
ONLY-----

**POOL:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

\_\_\_\_\_

**LIFEGAURD  
VALIDATION:** \_\_\_\_\_

\_\_\_\_\_

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