

Rogue Rowing Float Test

What is the float test?

In deep water, 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 (you may use a shirt) while continuing to tread water.

Person being float tested:

NAME _____

DATE OF BIRTH _____

ADDRESS _____

EMAIL _____

PHONE NUMBER _____

Go to your local pool during a public swim, have a registered lifeguard administer the test and fill out the section below.

*****FOR POOL USE ONLY*****

The above named person has successfully pass a float test as defined above.

Pool _____

Date _____

Lifeguard Printed Name _____

Lifeguard Signature _____

Return the completed for to Rogue Rowing. You can bring it with you to your first session or mail it to 175 Emigrant Lake Rd., Ashland, OR 97520