

## BIR Float Test Form

Call Bainbridge Aquatic Center for Float Test availability  
before showing up: (206) 842-2302

### **What does the float test consist of?**

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 form**

1. Complete the following portion of the form yourself:

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

2. Go to the Bainbridge Island Aquatic Center 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.