

## BIR Float Test Form

### Important:

Call the Bainbridge Aquatic Center (206-842-2302) or any other swimming pool where there is a Red Cross certified lifeguard to make an appointment for your float test PRIOR to showing up.

### What does the float test consist of?

In deep water, while wearing snug-fitting long pants/tights and a long-sleeved shirt, you must:

- 1) float, tread water, or swim in place for ten minutes.
- 2) 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?

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

### How to complete your float test:

- 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 Red Cross certified lifeguard, and take the test outlined above.

- 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) Bring your completed Float Test form to your coach before your first time on the water.