

## BIR Float Test Form

*Make an appointment with the Bainbridge Island Aquatic Center (206) 842-2302  
or any other pool with a Red Cross certified lifeguard to complete a float test.*

### What does the float test consist of?

Wearing snug-fitting athletic clothing that you might row in, you will be asked to:

- Tread water for 10 minutes.
- In the final minute you will be asked to put on a PFD while continuing to tread water.

### Who is exempt from a float test?

Please email BIR a copy of your existing certification

- Any current Lifeguard or Water Safety Instructor (WSI)
- Anyone with a current PADI or similar diving certificate
- Anyone with a float test already on file with BIR or another rowing organization

### ★ Rower Info:

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Rower Name

Email

### ★ Lifeguard to complete:

I affirm that the above-named individual has successfully passed a float test as required for participation in the water-based activities of Bainbridge Island Rowing.

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Lifeguard Printed Name

Date of Float Test

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Pool Facility Name

Please return a signed copy of your completed float test form to  
admin@bainbridgerowing.org