

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:

Rower Name

Email

★ Lifeguard or BIR Coach 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.

Lifeguard or BIR Coach Printed Name

Date of Float Test

Pool Facility Name

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