

Berkeley Crew Swimming Proficiency Certification For Novice Rowers Only

*I certify that (athlete name) _____
has successfully performed the following swimming tests before me:*

- 25 yard strong overhand stroke.
- 25 yard strong backstroke, and
- 5 continuous minutes of treading water.

The tests were performed at:

Pool: _____

Date: _____

Lifeguard Name: _____

Lifeguard Signature: _____

NOTE: Swimming tests can be obtained at the Berkeley YMCA on Allston Way, at the MLK School Pool or a pool of your choice. It is the responsibility of the parent/guardian to arrange for the athlete's swimming tests by calling the facility and scheduling a day and time.