

<p style="text-align: center;">VANCOUVER LAKE CREW Safety Waivers</p>

All members of VLC are required to provide proof of swimming proficiency by completing a safety waiver. This can be accomplished by simply taking (the attached) swim test and having it signed off by a certified American Red Cross Water Safety Instructor. Below is a list of available swim centers in the Vancouver area.

The contact persons listed below should be contacted prior to testing in order to schedule your visit. We encourage participants to do this in groups.

WEST SIDE

Lake Shore Athletic Club
2401 NW 94th Street
Vancouver, WA
360-574-1991

Contact Person: Melinda Blakemore, Aquatics Director – WSI

\$ Cost – Have been advised that this would be done free of charge as a community service, but at worst, could be one day use fee, \$10.00

EAST SIDE

Lacamas Swim & Sport
2950 NW 38th Street
Camas, WA
360-834-8506

Contact Person: Teresa McLaren, Aquatics Director – WSI

\$ Cost – One day use fee, \$8.00

CENTRAL

Marshall Center
1009 E. McLoughlin Blvd.
Vancouver, WA
360-487-7071

Contact Person: Karen Krohling, Aquatics Director – WSI

\$ Cost – Day use fee, \$5.00



Vancouver Lake Crew Swim Test Form

I certify that _____ has successfully completed the following:

- A) Swim 100 yards. Any stroke you are comfortable with, and demonstrate the ability to roll onto your back to take resting strokes if necessary.
- B) In deep water, tread water for 10 minutes. Then put on a personal flotation device.

Water Safety Instructor Signature

Date:

Pool Location/Facility

This form is required of all Vancouver Lake Crew rowers.
Test must be given at public swimming pools under the supervision of a Water Safety Instructor certified by the American Red Cross.