

## Swimming Test – Documented Verification of Completion

Swim tests are required for each Girl Scout every year if they are participating in any type of aquatic activities including, but not limited to: pool activity, canoes, stand up paddleboards, etc. During resident camp, swim tests are conducted at the beginning of each week to assess a camper's swimming ability even if they have participated in one throughout the year. This test will be used when completing any paperwork asking for a swim level. Please keep in mind girls participating in summer resident camp will still need to complete a swim test upon arrival.

Participants will complete the following requirements to the best of their ability, instructor please circle appropriate level and complete information below:

- Tread water for 2 minutes while keeping their head above water
- Swim a minimum of 20 yards in one direction without stopping. Using front crawl (freestyle) while keeping their face in the water and without touching the ground or holding onto the wall.

└ Beginner/Non-Swimmer: This swimmer cannot successfully demonstrate or complete the above requirements. A beginner swimmer is only allowed in shallow water or where they can stand comfortably. Non swimmers must wear a Coast-Guard approved personal flotation device (PFD/lifejacket) at all times.

└ Intermediate Swimmer: This swimmer can successfully demonstrate the above requirements in shallow or calm deep water, but is considered a cautious swimmer or a swimmer who is not very strong. Coast-Guard approved flotation devices (PFD/lifejacket) are optional (unless required by activity) but it is not recommended that anyone at this level participate in high risk swimming/aquatic activities.

└ Proficient Swimmer: This swimmer can successfully demonstrate the above requirements in shallow or deep water, they display strong swimming skills and may participate in most high risk swimming/aquatic activities. Coast-Guard approved flotation devices (PFD/lifejacket) are not required (unless required by activity).

└ Please note that some activities may require a more advanced test.

The following participant \_\_\_\_\_ has earned the above checked swim level on the following date: \_\_\_\_\_. This is valid for one year for the date of the test.

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Print Name Signature Instructor Title