

## Swimming Test – Documented Verification of Completion

Swim tests are required every year for Girl Scouts participating in any type of aquatic activities including, but not limited to pool activity, canoeing, 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 and completed a swim test previously in the year. Please note that girls participating in summer resident camp still need to complete a swim test upon arrival.

This swim test is to be used when completing any paperwork asking for confirmation of swim level and ability and documents that a girl has completed the swim test requirement. Girls should swim only up to their ability, as certified by an adult lifeguard or swim instructor. This test will distinguish a girl's swim level.

**Participants complete the following requirements to the best of their ability.** Instructors, please check the appropriate level and complete the 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 permitted in shallow water or where they can stand comfortably. Non swimmers must wear a Coast Guard approved personal flotation device (PFD/lifejacket), always.

\_\_\_\_\_ **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 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.*

On (today's date) \_\_\_\_\_, (participant's name) \_\_\_\_\_

has earned the above checked swim level. This test is valid for one year from the date of this test.

\_\_\_\_\_  
Instructors Printed Name

\_\_\_\_\_  
Instructor's Signature

Instructor's Title: \_\_\_\_\_