

Swim/Water Skill Requirements

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, kayaks, stand up paddleboards, etc.

When possible, Girl Scout volunteers administer a swim test prior to participation in any aquatic activities. A swim test serves to provide the adults with a gauge of each a participant's swimming ability should their canoe, kayak, paddleboard, etc., tip over. Regardless of swimming ability, all girls and adults participating in any aquatic activities are required to always wear a life jacket.

During resident camp, swim tests are to be 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 campers participating in summer resident camp will still need to complete a swim test upon arrival.

Under certain conditions, a swim test may not be possible. Should this happen during the program your child is participating in, we need verification of your child's swimming abilities prior to participating in these aquatic programs.

To be classified as a proficient swimmer, participants must be able to:

- Jump into the water (feet first), rise to the surface and beginning swimming towards the edge of a pool
- Swim 100 yards (the length of a football field) without stopping
- 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
- Tread water for two minutes while keeping their head above water
- Float for two minutes.

SWIMMING TEST: The next page is to be used to document and demonstrate that a participant has passed the requirement of swim test. Please note that the level of swimming ability is distinguished. Participants should swim only up to their ability, as certified by an adult, lifeguard, or swim instructor.

Swim Test/Water Skill Experience

Participant's Name:

Participants will complete the following requirements to the best of their ability, instructor is to check the box of the appropriate level and complete information below:

*To be classified as a beginner, intermediate, or proficient swimmer, a participant must meet all the criteria within that classification. If the participant does not meet all the criteria within these classifications, we would designate this participant as a *non-swimmer*. Please note that some activities may require a more advanced test.

<input type="checkbox"/>	Participant is classified as a BEGINNER* SWIMMER . Participant can:
<input type="checkbox"/>	Jump into the water (feet first), rise to the surface and beginning swimming towards the edge of a pool
<input type="checkbox"/>	Can swim 25 yards (quarter the length of a football field) in one direction without stopping
<input type="checkbox"/>	Float for two minutes
<input type="checkbox"/>	This swimmer can successfully demonstrate all of the above requirements in shallow water. This participant will only be allowed in shallow/calm water and where they can stand comfortably. Coast-Guard approved flotation devices (PFD/lifejacket) are suggested (unless required by activity) but it is not recommended at this level to participate in intermediate or high-risk swimming/aquatic activities.

<input type="checkbox"/>	Participant is classified as an INTERMEDIATE* SWIMMER . Participant can:
<input type="checkbox"/>	Jump into the water (feet first), rise to the surface and beginning swimming towards the edge of a pool
<input type="checkbox"/>	Can swim 50 yards (half the length of a football field) in one direction without stopping
<input type="checkbox"/>	Float for two minutes
<input type="checkbox"/>	Tread water for two minutes
<input type="checkbox"/>	This swimmer can successfully demonstrate all of 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.

<input type="checkbox"/> Participant is classified as a PROFICIENT* SWIMMER . Participant can:	
<input type="checkbox"/>	Jump into the water (feet first), rise to the surface and beginning swimming towards edge of pool
<input type="checkbox"/>	Swim 100 yards (the length of a football field) in one direction without stopping
<input type="checkbox"/>	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
<input type="checkbox"/>	Tread water for two minutes while keeping their head above water
<input type="checkbox"/>	Float for two minutes
<input type="checkbox"/>	This swimmer can successfully demonstrate all of the above requirements in shallow or deep water, they display strong swimming skills and may participate in higher risk swimming/aquatic activities. Coast-Guard approved flotation devices (PFD/lifejacket) are not required (unless required by activity).

<input type="checkbox"/> Participant is classified as a NON-SWIMMER* . Participant cannot (check all that apply):	
<input type="checkbox"/>	Jump into the water (feet first), rise to the surface and beginning swimming towards the edge of a pool
<input type="checkbox"/>	Swim 25 yards or more (quarter to half the length of a football field) in one direction without stopping
<input type="checkbox"/>	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
<input type="checkbox"/>	Tread water for two minutes while keeping their head above water
<input type="checkbox"/>	Float for two minutes
<input type="checkbox"/>	This swimmer cannot successfully demonstrate or complete the above requirements. A non-swimmer is only allowed in shallow/calm water where they can stand or wade comfortably. Non swimmers must wear a Coast Guard-approved personal flotation device (PFD/lifejacket) at all times. it is not recommended that anyone at this level participate in intermediate or high risk swimming/aquatic activities.

I have provided a brief description of the participant's swimming abilities, comfort level and other information I would like to share in the event that the participant's canoe, kayak, paddleboard, etc., tips over during aquatic activities:

Name of certified adult, lifeguard, or swim instructor conducting swim test:	
Date swim test conducted:	

ACTIVITY INFORMATION

PDF SIZES		
SIZE	WEIGHT	CHEST SIZE
<input type="checkbox"/> Youth	50-90 lbs.	26-29"
<input type="checkbox"/> Women's XS/S	Over 90 lbs.	28-34"
<input type="checkbox"/> Women's M/L	Over 90 lbs.	34-40"
<input type="checkbox"/> Men's M/L	Over 90 lbs.	36-44"
<input type="checkbox"/> Men's XL/XXL	Over 90 lbs.	44-56"
<i>The women's PDFs are designed for women, specifically in the chest, but women can wear the men's jackets as well.</i>		

Past Canoe/Kayak/Paddling Activity Experience		
<input type="checkbox"/>	Flat Water	How many times:
<input type="checkbox"/>	Moving Water	How many times:

Bringing Own Equipment?		
<input type="checkbox"/>	YES	List equipment:
<input type="checkbox"/>	NO	

I understand my daughter will participate in aquatic activities, which includes but not limited to swimming, canoeing, kayaking, and/or paddling programs as part of her Girl Scouting experience during the dates of:

As the parent/guardian of:	
<i>I attest that all documentation provided is true and accurate.</i>	
Signature:	
Date:	