



# TRAIL LIFE USA®

## SWIMMING COMPETENCY TEST

Participants in swimming activities must demonstrate a minimum level of swimming ability. This competency may be documented using this Swim Test Form and kept on file at the Troop level or documented by a camp in a manner specified by their policies and also recorded on the "Trailman's Swim Card" for presentation at Troop water events. This test must be completed before a Trailman can participate in aquatics activities.

1. Swimmer:

- a. Swim 100 yards without stops and with at least one sharp turn including the following:
  - i. Jump feet first into water over the head, level off, and begin swimming.
  - ii. Swim 75 yards in a strong manner using one or more of the following strokes: side, breast, trudgen, or crawl.
  - iii. Swim 25 yards using an easy, resting backstroke.
- b. Demonstrate resting by back floating long enough to demonstrate ability to rest when exhausted.

2. Beginner:

- a. In water that he can touch the bottom in, jump in and fully submerge head.
- b. Swim 25 feet on the surface without either considerable strain, touching the bottom, holding onto the wall or lane lines, etc.

3. Non-Swimmer:

- a. Cannot complete either of above swimming tests without considerable strain, touching the bottom, holding onto wall, lane lines, etc.

*Name of person(s) conducting swimming competency tests and verifying swim classifications:*

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature

\_\_\_\_\_

Certification Expires

Certified as (please check):

\_\_\_\_\_ Certified Lifeguard

\_\_\_\_\_ Water Safety Instructor

\_\_\_\_\_ Aquatics Instructor

\_\_\_\_\_ Swim Coach

Certifying Organization, School or Team: \_\_\_\_\_

## Swimming Competency Record

The individual certifying that s/he has verified the competency test and classification of the participants below, should initial **only** in the box of the highest degree of the participant's swimming competency. (I.e., no participant should have more than one level of competency initialed.)

	Participant's Name	Date tested	Troop #	Initial one column only		
				Swimmer	Beginner	Non-Swimmer
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