SWIM CLASSIFICATION PROCEDURES

Safety Checkpoints require Girl Scouts participating in activities in the water need to prove their swimming ability by taking a swim test. A swim roster must be signed by a lifeguard, or a certified swim instructor. The roster has been put in place to ensure that participants are able to stay afloat and are capable of swimming short distances to safer areas.

Under safety checkpoints, certain activities require a swim test to participate. **These activities include canoe, kayak, stand-up paddle board, swimming, rafting, or any water activity that poses a possible risk to participants.** Aquatic climbing walls are made from a variety of materials and placed on the deep end of the pool. Participants need to be strong swimmers who can swim in water deeper than 5 feet.

All persons participating in aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water. The swimmer's test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth and with shallow water footing or a pool or pier edge always within 25 feet of the swimmer.

ADMINISTRATION OF SWIM CLASSIFICATION TEST

The swim classification test done at a troop level should be conducted by one of the following council- approved resource people: **Aquatics instructor, certified lifeguard, or swimming instructor.**

TO THE TEST ADMINISTRATOR (per Safety Activity Checkpoints 2022-24)
Participants will complete the following requirements to the best of their ability:

- 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.

    Swim Test Equivalents for Intermediate Swimmer qualification.
    - I can Swim Stage 2 – Beginner
    - Red Cross Learn to Swim Level 4
    - Lifesaving Society Swim Level 4
    - YMCA Swim Strokes 5: Stroke development

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 always 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.

This is the swim classification <u>as of this date</u>. Any change in status after this date i.e., non-swimmer to beginner or beginner to swimmer, would require a reclassification test by a lifeguard.

Swim tests <u>will not</u> be administered at the point of activity; however, onsite lifeguards shall always reserve the authority to review or retest all participants to assure that standards have been maintained.

Troop _____ Leader _____ Date of Swim Test _____

		Swim Classification		
	Full Name (Print)	Non-Swimmer/ Beginner	Intermediate Swimmer	Proficient Swimmer
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
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19				
20				

NAME OF PERSON CONDUCTING THE TEST:

_____   _____
Print Name   Signature

Instructor's Title: _____

Return by April 30