

Annual Swim Test

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. This test will be used when completing any paperwork asking for a swim level. Please note that some activities may require a more advanced test.

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.

Instructor please circle appropriate level for each participant based on completion of the above test.

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). 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).

Name of Participant	Swim Level			Print Instructor Name	Instructor Signature	Date of Swim Test
	Beginner	Intermediate	Proficient			
	Beginner	Intermediate	Proficient			
	Beginner	Intermediate	Proficient			
	Beginner	Intermediate	Proficient			
	Beginner	Intermediate	Proficient			

By signing above, instructor acknowledges participant has earned the indicated swim level on date listed; valid for one year from the date of the swim test.

