



Berkeley Crew Swimming Proficiency Certification

*I certify that _____ (athlete name)
has successfully performed the following swimming tests before me:*

- 25 yard strong overhand stroke.
- 25 yard strong backstroke, and
- 5 continuous minutes of treading water.

The tests were performed at:

Pool: _____

Date: _____

Lifeguard Name: _____

Lifeguard Signature: _____

Please return completed forms to your coach on the first day.

Note: Swimming tests may be obtained at the pool of your choice and are sometimes available at King Pool. It is the responsibility of the parent/guardian to arrange for the athlete's swimming test by calling the facility and scheduling a day and time.