



## Wayland-Weston Crew Swim Test Form

Camp participants, as well as staff and volunteers who are minors, shall be swim tested regardless of any prior year's swim test results, designations or certifications. This test is to identify and classify non-swimmers and at-risk swimmers

You may take the test at **ANY pool/lake/ocean with a Certified Swim Instructor or Swim Assessor**. Suggestions include the Wayland Town Pool, or Longfellow Health Club. **Do not go** to the Weston Memorial Pool (they no longer administer swim tests) Please call first to check availability. You will need to bring to the pool: 1) this form; 2) a long-sleeve t-shirt; and 3) a swimsuit.

Participant Name: \_\_\_\_\_

### ***To be completed by Lifeguard***

Observer Name: \_\_\_\_\_

Observer Title: \_\_\_\_\_

Pool Name: \_\_\_\_\_

Test Sequence (check when successfully completed):

- ☐ 1. Wearing long sleeve shirt, swim 100 yards
- ☐ 2. Tread water for 1 minute
- ☐ 3. While treading water, remove shirt, and continue treading 4 additional minutes

Observer's Certification: *I hereby certify that*

\_\_\_\_\_ ***successfully completed each step of this Swim Test.***

Observer Signature: \_\_\_\_\_ Date \_\_\_\_\_