

Troop 1581 Expectation and Practices Swim Tests and Health Checks Meeting

Every Spring, in place of a regular meeting, the troop meets with 402 on a Monday night at the DW Wilson pool to complete Swim Checks and Health Forms. It costs each person getting in the pool \$3. Paul and other BSA lifeguards certify the swim tests and Dr Thomasson conducts health checks and completes the Scouting America Health Form Part C (which requires a doctor's signature).

In 2027 that meeting is

Health Forms

Bring a completed Health Form to the pool. Since you are going to complete one **every year**, save yourself some time and type the information into the fillable pdf and remember where you save it on your computer. Some activities, like merit badge universities, retain Part A because it contains the informed consent and permission to photograph section. You'll have to print out a new Part A after the event (you're supposed to make the section about who has permission to take your child to/from events specific for each event anyway). The Troop cannot scan and store the forms electronically.

Health Forms Parts A and B are required at any and all scouting activities for **all** youth, leaders, and parents participating in an activity. They can be tricky; make sure you fill it out completely:

1. Sign part A
2. In part B1 explain any conditions you mark "yes"
3. Sign non-prescription medication approval in part B2, if you want. Without this approval no leader or health officer can give your child Tylenol, Midol, Benadryl, etc. You **must** mark Yes or No.
4. Fill out the year of each vaccination. Tetanus requires month and year (and full date month/day/year is strongly recommended to ensure it does not expire during your event). Many members find it easier to attach the official vaccination record from your pediatrician. If you have turned this in in the past, I still have it, no need to turn in another unless it has changed. You must have had a tetanus shot in the last 10 years.
5. Attach a copy (front and back) of your child's insurance card (you can just take a picture of it and text it to me). If you have Tricare, provide a Tricare eligibility letter and if the child has a dependent ID with a DoD benefits number on it, a copy (front and back) of that. If you have turned this in in the past, I still have it, no need to turn in another unless it has changed.
6. Part C is required of all youth and leaders staying overnight at events 72 hours or longer. This is the part that requires a doctor's signature. It is needed at summer camp, winter camp, the ski trip, high adventure, and NYLT, to name a few.
7. Here is the form: [Health Form for Troop 1581 members.pdf](#) PLEASE DO NOT OVERWRITE THIS FORM.

Here is the status of the Health Forms currently in my possession:

2026 Forms Youth	Missing
Paizley Bohanan	Complete
Kate Butler	Complete
Norah Butler	Complete
Anna Campbell	Complete
Veronica Darago	Complete
Amelia Davis	Complete
Eveliz Torres-Hernandez	Complete
Raleigh Lindsay	Complete
Rachel McGregor	Complete
Chloe Mitchell	Missing need only Parts A&B
Lorelei Mizell	Complete
Brenda Norton	Complete
Clara Philpott	Complete
Aleaha Robertson	Complete
Daley Seargent	Complete
Charlie Stemberger	Complete
Claire Tedder	Complete
Madison Tedder	Complete
Sophia Thomasson	Complete
Evelyn Todd	Complete
2026 Forms Adults	Missing
Kaitlyn Brown	Complete— Parts A & B only

Kirk Butler	Complete
Nate Campbell	Complete
Kelly Christopher	Complete
Rich Darago	Complete
Ashley Davis	Complete
Rich Ellis	Missing need only Parts A&B
Carmen Hernandez	Missing need only Parts A&B
Evelyn Mizell	Complete
Ashley Rose Nalin	Missing need only Parts A&B
Amy Philpott	Complete— Parts A & B only
Elaine Posanka	Complete
Patricia Robertson	Complete
Joseph Thomasson	--B2-Need month of Tetanus --Mark the others that you checked "yes" but didn't provide a date "as a child"
Kimberly Thomasson	Complete
Olivia Thomasson	Complete
Sherron Todd	Complete
Emilio Torres	Complete
Julie Urbaniak	--2026 incomplete need Parts A & B only --Part A needs signature and date --Part B2 needs OTC statement marked yes or no --Part B2 click "no" for immunizations not received --missing insurance card

Swim Tests

Swim Tests are required for all youth, leaders, *and parents* taking part in any aquatics activities and summer camp. In 2026 the troop has the following aquatics planned: kayaking (May), summer camp (June), whitewater rafting (July), Splash Island (August).

There are three classification levels:

- Non-Swimmers: have not passed the beginner or swimmer test.
- Beginners: Jump feet-first into water over your head, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to the starting place. Rest while floating.
- Swimmers: Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. Rest while floating.

Here are some examples of when a swim test is required:

- For Second Class requirement 5b, you must pass the beginners test
- For First Class requirement 6a, you must pass the swimmers test
- Sea Base participants must pass the swimmers test before we go, and we will be retested there.
- At summer camp at both Woodruff and Boxwell, the lake will be divided into areas for swimmers and beginners, non-swimmers are confined to the shore. Only swimmers are allowed on the inflatables. If you do not take a swim test with the troop, you will be required to take one at camp. This is a pain.
- Completion of the following merit badges require you to pass the swimmers test: swimming, lifesaving, kayaking, canoeing, whitewater, motor boating, rowing, small boat sailing, and water sports.
- The following awards (not merit badges) require completion of the swimmers test: board sailing, kayaking, mile swim, national outdoor award aquatics segment, scuba, snorkeling, stand up paddle boarding, and white water rafting.
- As long as adult leaders have completed safe swim defense and safety afloat training, we can hold the following troop activities:
 - Swimmer required: whitewater rafting, scuba, stand up paddle boarding, towed water sports, aquatics supervision programs, high adventure, and rowing. Additionally, small boat sailing, canoeing or kayaking is permitted on moving water like rivers. Personal watercraft activities (like Jet Ski) are limited to Council hosted events,
 - Beginner or Non-swimmers can, with constant supervision and in the same multiperson craft as an adult swimmer: sail small boats, canoe or kayak on flat calm water with no current and with little likelihood of capsizing or falling overboard. They may operate a fixed-seat rowboat or pedal boat accompanied by a buddy who is a swimmer. They may ride as part of a group on a motorboat or sailboat operated by a skilled adult. Additionally beginners can swim in confined shallow water with close supervision but non-swimmers must be in very shallow water under direct supervision and wear a PFD (this includes in pools).