

Certification of Ability – Swim Test

(To Be Used If Participant Has No Recorded Open Water Swim)

A certified Red Cross lifeguard or swim coach must witness this test. This can be done at the YMCA or at another venue (local high school, swim club, etc.). No swimmer will be allowed to go in to the water without having completed the swim test.

Completion of a continuous 3-mile pool-swim, in 2 hours 15 minutes, or under within the past two years (2025 – 2027). Submit this form, that is witnessed, and signed by pool management or lifeguard. If submitted by your swim coach, letter must contain affiliation, address, email and phone number.

Name of participant: _____

Participant signature: _____

Parent signature: _____

(If participant is under the age of 18)

Location of test:

Name of tester (please print clearly): _____

Authorized signature: _____

Date: _____

Participant signature:

Parent signature:

(If participant is under the age of 18)