

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.

The below named participant has demonstrated that he/she can swim one mile (1650 yards) continuously in under 60 minutes.

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)