Swim Test Form

COURAGEOUS SAILING

We must have certification that your child/student is capable of swimming at our required competency by Wednesday June 15th. If your child is in the process of completing a swim program, we **must** have one of these forms here before their first day or they will not be able to participate in any Courageous Sailing course.

All Youth Program sailors be able to swim 75 feet and tread water for 90 seconds.

Acceptable Proof of Swimming Capability:

- YMCA: Certification of completion of Pollywog level or above, or
- Red Cross: Certificate of Completion for Level V or above, or
- Boy/Girl Scouts: Swimming or Lifesaving Badge, or
- A letter stating swimming ability at or above our required level on pool letterhead, or
- This form, completed below.

To submit this form, please:

1. Clearly print the student's full name below,
2. Have a certified Lifeguard/Water Safety Instructor observe the student and complete the form below,
3. Make a copy of the proof of swimming (or this sheet) for your records, and
4. Mail or drop off by Wednesday June 15, 2011 to the address at right

Attn: Kate Henderson
Courageous Sailing
One First Avenue
Boston, MA 02129

Name of Student/Sailor: _____

Name of Lifeguard/Water Safety Instructor: _____

Name of Pool or Pool Organization: _____

City and State Pool is located:_____

Pool telephone number: _____

I hereby certify that the student can swim 25 yards in a competent manner and can remain afloat/tread water for at least 90 seconds.

Date of Test: _____

Signature of Lifeguard/Water Safety Instructor_____

Printed name of Lifeguard/Water Safety Instructor:_____

Please keep a copy of this completed swim test for your records.