

NORTHWOODS BOY SCOUT RESIDENT CAMP

SWIMMING PRE-TEST

***Must be administered by a BSA or ARC (American Red Cross) Lifeguard
within 6 months of camp attendance.***

SWIMMING CLASSIFICATIONS:

SWIMMER

- A. Jump feet first into water with a depth greater than the height of the swimmer.
- B. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
- C. Then Swim 25 yards using an easy resting backstroke
- D. The 100 yards must be completed in one swim without stops and must include at least one sharp turn.
- E. After completing the swim, rest by floating on your back for one minute.

BEGINNER

- A. Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

NON-SWIMMER

- A. Willing to get feet wet
- B. Uncomfortable with water activities

INSTRUCTIONS:

Have a BSA or ARC lifeguard complete the roster on the reverse side of this sheet, classifying each Scout and Leader using the above classification system. Bring a copy of the swim test results to Northwoods with your Troop.

IMPORTANT:

The comfort level of a pool versus a lake can be a cause for concern if the swimmer is marginal. Please make note of any swimmer who should be tested again at Northwoods Scout Reservation. If you have questions or concerns, you may contact Jason Kerschke @ 321-9400 ext. 106 (business hours only).

CAVEAT: At the waterfront director's discretion, anyone or everyone in a troop may need to be retested upon arrival at camp. This would only be done in the interests of safety. The waterfront director's decision will be considered final in this matter.

SCOUT AND LEADER SWIMMING QUALIFICATION ROSTER

Troop _____ District _____ Council _____

Leader name _____ Phone # _____

Instructor _____ Certification _____

Location of test _____ Date of test _____

Classifications:

Nonswimmer - willing to get feet wet, uncomfortable with water activities.

Beginner – jump feet first into the water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before and return to starting place.

Swimmer – jump feet first into water over the head in depth, 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 (the 100 yards must be completed in one swim without stops and must include at least one sharp turn); after completing the swim, rest by floating on your back for one minute.

NAME	YOUTH	ADULT	SWIM CLASSIFICATION
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I certify that the above named scouts and adults have fulfilled the requirements for the swimming classification marked above.

Signed _____ Phone _____

(BSA or Red Cross Life Guard)

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