

## **Girl Scouts of Citrus Council - Swim Test**

Swim tests are required for each Girl Scout every year if they are participating in any type of Aquatic activities including, but not limited to: pool activity, canoes, Stand Up Paddleboards etc. During Resident Camp, swim tests are conducted at the beginning of each week to assess a camper's swimming ability even if they have participated in one throughout the year.

Participants will complete the following requirements to the best of their ability, instructor please circle appropriate level and complete information below:

- Tread water for 2 minutes while keeping their head above water
  - Swim a minimum of 20 yards in one direction without stopping. Using front crawl (freestyle) while keeping their face in the water and without touching the ground or holding onto the wall.
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- ☐ Beginner/Non-Swimmer: This swimmer cannot successfully demonstrate or complete the above requirements. A beginner swimmer is only allowed in shallow water or where they can stand comfortably. Non swimmers must wear a personal flotation device (PFD/lifejacket) at all times.
  - ☐ Intermediate Swimmer: This swimmer can successfully demonstrate the above requirements in shallow or calm deep water, but is considered a cautious swimmer or a swimmer who is not very strong. Personal flotation devices (PFD/lifejacket) are optional (unless required by activity) but it is not recommended that anyone at this level participate in high risk swimming/aquatic activities.
  - ☐ Proficient Swimmer: This swimmer can successfully demonstrate the above requirements in shallow or deep water, they display strong swimming skills and may participate in most high risk swimming/aquatic activities. Personal flotation devices (PFD/lifejacket) are not required (unless required by activity).
  - ☐ Please note that some activities may require a more advanced test.

The following participant \_\_\_\_\_ has earned the above checked swim level on the following date: \_\_\_\_\_. This will be valid for 1 year from the date of the test and should be used when completing any paperwork asking for a swim level/test.

Please keep in mind girls participating in summer resident camp will still need to complete a swim test upon arrival.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Instructor Title