



SWIM TEST FORM

Swim Test Instructions:

1. Each Mercy Crew participant must pass a basic swim test prior to getting onto the water.
2. Take this form to the JCC of Rochester, 1200 Edgewood Ave, Rochester, NY 14618. The test can be completed during any open swim time. Check jccrochester.org or call 585-461-2000 for pool hours.
3. There will be a small fee less than \$10.
4. Hand this form to the lifeguard, complete the activities, and have the lifeguard sign off to verify the athlete's completion of the swim test requirements.

SWIM TEST

NAME _____ DATE _____

To the Life Guard administering the test: Please write 'Yes' if skills are completed, 'No' if skill was not completed, and comment on overall strength.

50 yard Swim	10 min Tread Water	Put on life vest while in water	Overall swimming strength Poor/fair/good

Life guard signature _____ DATE _____

Parent/guardian signature _____ DATE _____

When completed please return this form to your coach.