



# 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 Bay View YMCA, 1209 Bay Road, Webster, NY 14580.
3. 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 Lifeguard 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

Lifeguard signature \_\_\_\_\_ DATE \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_ DATE \_\_\_\_\_

When completed please return this form to your coach.