



Swim Test Form

Swim test instructions:

1. Each new athlete to Mercy Crew must pass a basic swim test prior to getting on the water.
2. Take this form to any pool with a certified lifeguard.
3. Complete the activities and have the lifeguard sign off to verify the athlete's completion of the swim test requirements.

Name_____

Date_____

To the lifeguard administering the test, please write YES if the skill is completed and NO if the skill is not completed, and comment on overall strength.

50 yard swim	10 minute tread water	Put on life vest while in water	Overall strength Poor/fair/good

Lifeguard signature_____

Date_____

Parent/Guardian signature_____

Date_____

If the swim test is completed successfully, bring this form to coach on the first day of practice.

If the swim test has any incomplete skills, please notify the registrar at registrar@mercycrow.org