



Ozark Trails Council Unit Swimming Classification Record

(Please bring at least 2 copies to camp: 1 copy to aquatics, 1 copy to camp office)

This is the individual's swimming classification as of this date. Any change in the status after this date (e.g., beginner to swimmer) will require a re-test by the aquatics staff.

Unit Type & Number: _____ Date of test: _____

Location test was conducted at:

Name: _____ Address: _____

City, State, Zip: _____ Phone: (____) _____

Lifeguard conducting the test: _____

These results are accurate as of this date: _____ Signed: _____

(Lifeguard)

Certifying agency BSA Red Cross YMCA date certificate expires: _____

	Full Name (Please print)	Swimming Classification		
		Swimmer (Blue)	Beginner (Red)	Non-Swimmer (White)
	(Strike Out any Unused Names)			
1				
2				
3				
4				
5				
6				
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8				
9				
10				
11				
12				
13				
14				
15				

Troop Leader Name: _____ Signature: _____

A COPY OF THE LIFEGUARD'S CERTIFICATION CARD MUST ACCOMPANY THE SWIM TEST RECORD.

This form should be uploaded to Black Pug prior to your arrival in camp.

BSA Swim Test Requirements (Also available at Black Pug)

Swimmer Test – Blue Swimmer

This swimmer test demonstrates the minimum level of swimming ability required for safe deep-water swimming. The various components of the test evaluate the several skills essential to this minimum level of swimming ability. This is a 1st Class Requirement.

- **Jump feet-first into water over your head in depth.**
The swimmer must be able to make an abrupt entry into deep water and begin swimming without any aids. Walking in from shallow water, easing in from the edge or down a ladder, pushing off from side or bottom, and gaining forward momentum by diving do not satisfy this requirement.
- **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 swimmer must perform a restful, free-breathing backstroke which can be used to avoid exhaustion during swimming activity. This element of the test necessarily follows the more strenuous swimming activity to show the swimmer is, in fact, able to use the backstroke as a relief from exertion. The change of stroke must be accomplished in deep water without any push-off or other aid. Any variation of the elementary backstroke may suffice if it clearly allows the swimmer to rest and regain wind.
- **The 100 yards must be swum continuously and include at least one sharp turn.**
The total distance is to be covered without rest stops. The sharp turn demonstrates the swimmer's ability to reverse direction in deep water without assistance or push-off from side or bottom.
- **After completing the swim, rest by floating.**
This critically important part of the test evaluates the swimmer's ability to maintain himself in the water indefinitely even though exhausted or otherwise unable to continue swimming. Treading water or swimming in place will further tire the swimmer and therefore in unacceptable. The duration of the float test is not significant, except it must be long enough for the test administrator to determine the swimmer is resting and likely could continue to do so for a prolonged period. Drown proofing may be sufficient if clearly restful, but it is not preferred. If the test is completed except for the floating requirement, the swimmer may be retested on the floating only (after instruction) provided the test administrator is confident the swimmer can initiate the float when exhausted.

Beginner Test – Red Swimmer

The test demonstrates the beginning swimmer is ready to learn deep-water skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point in the water. This is a 2nd Class Requirement.

- **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.**
The entry and turn serve the same purpose as in the swimmer test. The swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures the swimmer can regain a stroke if it is interrupted.

Non-Swimmer Test – White Swimmer No test is required; however, all are encouraged to get in the water. Non-Swimmers do have an approved and supervised section in the camp Arrowhead pool. to get in the water. Non-Swimmers do have an approved and supervised section in the Camp Arrowhead pool.