

Baden-Powell Council

Boy Scouts of America

### Swim Test Verification Form

Winter Camp, Tuscarora Scout Reservation

To partake in the Polar Bear Plunge, BSA rules require that participants pass either a Beginner or Swimmer Test. A BSA or Red Cross Lifeguard must administer the BSA Swim Test. If you passed the test at summer camp, please list the camp name and have your Unit Leader verify. We will not offer the swim test at Winter Camp.

**A Swimmer must demonstrate the following:**

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl (no dog-paddle); then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating for one minute.

**Beginners must demonstrate the following:**

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as be-fore, and return to the starting place.

### Certification

Scout Name: \_\_\_\_\_ Unit Number: \_\_\_\_\_

Date and Location of Swim Test: \_\_\_\_\_

Name of Lifeguard or Scout Camp where administered: \_\_\_\_\_

Demonstrated Classification (circle one):    SWIMMER            BEGINNER

Signature of Participant: \_\_\_\_\_

Signature of Leader verifying the swim test result or of Lifeguard Administering Test: \_\_\_\_\_ Date: \_\_\_\_\_