

Circle Ten Council Pre-camp Swim Check Policy



Conducting pre-camp swim checks on the unit level can insure quicker check in for units during the first day of camp. Pre-camp Swim Checks can also identify weak swimmers and give them a chance to improve their swimming skills before summer camp. Traditionally swim tests were completed at summer camp. The aquatics director at the summer camp can accept swim test classifications from pre-camp swim checks, if the swim checks are conducted according to this procedure. **The aquatics director at the summer camp reserves the right to retest any Scout or adult for any reason.**

Swim Classification form must be completed within 90 days of arrival at camp. If a troop conducts multiple pre-camp swim checks (such as a retest, or makeup) separate forms must be filled out for each test date. All forms must be filled out at the location of the test and signed on the date the test was given. There are two forms that must be filled out, the Swim Test Verification Form, and the Swimmer Classification form. The Swim Test Verification Form verifies the certification of the supervisor and certifies that this policy was followed. A copy of a valid certification must be attached. The Swimmer Classification Form is used to note the swim classification of the scout or adult who took the swim test. Additional Swimmer Classification Forms may be used. Any blank spaces on Swimmer Classification Forms must be crossed out before the form is signed. Any evidence of tampering of forms or not crossing out blanks will result in the pre-camp test not being accepted at the summer camp. **The aquatics director at the summer camp reserves the right to reject pre-camp swim checks for any reason.**

Conducting pre-camp swim tests improperly can put both youth and adults in danger during the test and at summer camp. Participants swimming ability must be classified according to this document even if the leader does not agree with Circle Ten Council's interpretation or implementation of the BSA swim test policy.

This policy is meant for swim tests conducted for participants of Circle Ten Council summer camp. This policy is not intended to apply to swim tests conducted for rank advancement or for summer camp programs outside of Circle Ten Council.

Pre-camp swim checks must be directly supervised by a certified lifeguard, a swim coach, a swim instructor, or a leader having BSA Swimming and Water Rescue certification. The certified supervisor must be directly supervising the swim tests at all times. A lifeguard performing surveillance duties, or a manager sitting in the office does not qualify. The certified supervisor is not required to supervise individual tests but there must be an adult or older Scout directly supervising each person taking the swim test.

The water depth at entry must be deep enough to allow water entry over head depth

The testing area must be at least 15 yards long (backyard pools are not acceptable unless they are extraordinary large)

Candidates taking the test will be placed in one of three categories: non swimmer, beginner, and swimmer

BSA Swimmer

“Jump feet first into water over the head in depth. Level off and 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 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating. “

Simply completing the distance does NOT mean the person is classified as a swimmer. “The distance should be covered in a manner that indicates sufficient skill and stamina to continue to swim for greater distances. Strokes repeatedly interrupted and restarted are not sufficient... dog paddling and underwater strokes are not acceptable. The strokes need to be executed in a strong manner but perfect form is not necessary.” If person administering the test is concerned that the candidate may need to be rescued, the candidate must not be classified as a swimmer.

“The swim must be completed in one swim without stops and must include at least one sharp turn.” Any kind of stop is unacceptable if it involves any kind of external support. This includes standing up, grabbing lane lines, grabbing a flotation device, or grabbing the side. All turns must be completed without touching the side of the pool above the waterline. The side of the pool underneath the waterline can be used to quickly make a turn. **If the side of the pool is touched above the waterline, or if a participant stands up, the test is over, and the participant’s progress up to that point will determine their classification.**

At least one of the turns must be completed without touching the wall or bottom. It is preferable to do this turn in deep water. The participant should stop within 5 feet of the wall and turn without touching the wall. It is acceptable to insist that all of the turns be completed without touching the wall to avoid confusion with the Scouts.

The transition from the strong stroke to the backstroke must be without touching the sides or bottom. The backstroke does not need to be perfect, but must be restful. Either the elementary backstroke or the back crawl is acceptable.

BSA Beginner

“Jump feet first into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming and return to the starting place. “

Note: If a candidate is attempting the swimmers test, but does not complete the test, it is acceptable to classify them as beginner if they have completed the requirements of the beginner test including the sharp turn without support from the wall and returning to the starting point.

BSA Non-Swimmer

A person who has not completed the Swimmer test or the beginner test.

Proficiency Chart BSA Swimmer Classification

Requirement	Proficient	NOT Proficient
<p>“Jump feetfirst into water over the head in depth. Level off”</p>	<ul style="list-style-type: none"> • Jumps feet first into water over head depth • Levels off 	<ul style="list-style-type: none"> • Grabs side after jumping in • Dives in • pushes off bottom or side(touching bottom briefly is ok) • needs assistance after jumping in • Walks in from shallow water • Eases in • Uses ladder
<p>“swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl”</p>	<ul style="list-style-type: none"> • Swims 75 yards using sidestroke, breaststroke, trudgen, or crawl. • Stroke is strong but does not have to be perfect • Breathes on side or front during stroke • Body is close to horizontal in water • Turns involves touching wall underwater (if at all) • Completes test with energy to spare • Treading water or stopping stroke to avoid other swimmers is acceptable 	<ul style="list-style-type: none"> • Swims with weak stroke • Swims with a doggie paddle. • Has to doggie paddle, tread water, or stop stroke to breath. • Starts and stops stroke often • Swims underwater • Swims front crawl with arms underwater during entire stroke(aka doggie paddle) • Body is vertical in the water • Swims a couple of strokes and has to turn on back to rest • Needs assistance • Starts out with adequate stroke but stroke becomes inadequate • Barely has enough energy to complete distance. • Swimming with face out water is acceptable, but it should not wear out swimmer • Tester is concerned that swimmer may need assistance
<p>“swim 25 yards using an easy resting backstroke”</p>	<ul style="list-style-type: none"> • Swims 25 yards on back. • Has restful backstroke • Transitions from strong stroke to backstroke without using sides or bottom. • Body is fairly horizontal in the water. 	<ul style="list-style-type: none"> • Gets tired • rushes stroke to to point it is not restful • Uses bottom or sides to transition to backstroke • body is vertical in the water
<p>“The 100 yards must be completed in one swim without stops and must include at least one sharp turn.”</p>	<ul style="list-style-type: none"> • At least one turn is completed without touching the sides, or the bottom • The 100 yards was completed all at one time. • Treading water to avoid other swimmers is ok. 	<ul style="list-style-type: none"> • Touches the side of the pool above the waterline • Intentionally grabs a lane line • Stands up • Receives any kind of external support • Stops to rest
<p>“After completing the swim, rest by floating”</p>	<ul style="list-style-type: none"> • Floats on front or back for a long enough time to convince the tester that it could be done indefinitely • Body can be vertical or horizontal in the water. 	<ul style="list-style-type: none"> • Treads water. • Uses arms or legs for support(it is ok to use arms to breath in face first floating as long as arms or legs are still other times)

Proficiency Chart BSA Beginner Classification

Requirement	Proficient	NOT Proficient
“Jump feet first into water over the head in depth. Level off”	<ul style="list-style-type: none"> • Jumps feet first into water over head depth • Levels off 	<ul style="list-style-type: none"> • Grabs side after jumping in • Dives in • pushes off bottom or side(touching bottom briefly is ok) • needs assistance after jumping in • Walks in from shallow water • Eases in • Uses ladder
“ swim 25 feet on the surface”	<ul style="list-style-type: none"> • Swims 25 on surface 	<ul style="list-style-type: none"> • Swims underwater • receives external support • Touches the side of the pool • Intentionally grabs a lane line • Stands up
“Stop, turn sharply,”	<ul style="list-style-type: none"> • Stops Turns Sharply 	<ul style="list-style-type: none"> • Touches the side of the pool • Intentionally grabs a lane line • Stands up
“resume swimming and return to the starting place.”	<ul style="list-style-type: none"> • Swims back to starting place • Swims at least 50 feet. 	<ul style="list-style-type: none"> • Swims to other side of pool • Does not return to starting place • receives external support • Touches the side of the pool • Intentionally grabs a lane line • Stands up

List of Acceptable Certifications

Accepted Lifeguard Certifications

BSA
Red Cross
YMCA
Ellis and Associates
Starfish Aquatics
NASCO

Lifeguard Certifications NOT accepted

Shallow Water Lifeguarding (the swim test requires entry into water above head)
American Lifeguard Association.

Accepted Swim Coach Certifications

Must be an experienced swim Coach and have American Red Cross Safety Training For Swim Coaches Certification.

Accepted Swim Instructor Certifications

Red Cross Water Safety Instructor
YMCA Swim Instructor
BSA Aquatic Instructor
Other courses that include at least 20 hours in swim instruction with hands on practice may be allowed.

Other accepted Certifications

BSA Swimming and Water Rescue

Other Certifications Not Accepted

Basic Water Rescue (does not include Deep Water Rescues)

Swim Test Verification Form(to be attached to Classification form)

Unit Type _____ Number _____ City _____

Facility Name _____ Date of Test _____

Address of facility _____

Facility type (indoor pool, Apartment pool...) _____ Depth of entry _____

Length of swim test Course (wall to wall length not total Length) _____ Time Swim test started _____

Certified supervisor please initial next to each statement

_____ All candidates being tested were directly supervised by an adult or older Scout who had no other responsibilities. The tester to candidate ratio was 1:1

_____ All person receiving swimmer classification did not touch the sides above the waterline, grab onto a lane line, or stand up at any time during the test.

_____ All persons receiving swimmer classification had a reasonably strong front stroke, did not doggie paddle, and there was no doubt in the testers mind that the person being tested did not need assistance at any time.

_____ All persons receiving swimmer had a relaxing restful backstroke regardless of stroke used.

_____ All Persons receiving Swimmer Classification were able to float (on front or back) for a reasonable time without using arms or legs(with exception of breathing during survival or jellyfish floating on front). Note: some people floating on back will be vertical in the water, this is acceptable.

_____ All Persons receiving Swimmer Classification swam at least 75 yards using a strong stroke and 25 yards using a restful stroke and swam a total of 100 yards without stopping.

_____ All persons receiving beginner classification swam as total of 50 feet with at least one sharp turn and were able to return to where they started.

Certified supervisor must complete the section below.

I certify that I have read the Circle Ten Council Swim Test Policy in its entirety before the swim checks were conducted, and certify that all people listed are listed according to the classifications in this document. The attached classification form was filled out at the location and on the date the swim checks took place and all blanks were crossed out.

Name(Print) _____ Date _____ Type of Certification _____

Signature _____ Number of candidates _____

NOTE: A Photocopy of certification and drivers license must accompany this form.

Every adult or older Scout helping with the swim test must sign below

(attach additional sheets for additional helpers as necessary)

I agree that I read the Circle Ten Council Swim Test Policy in its entirety before the swim checks were conducted, and certify that all people listed are listed according to the classifications in this document. I certify that I was only testing one candidate at a time.

Name _____ Signature _____

Name _____ Signature _____

Name _____ Signature _____

Name _____ Signature _____

Name _____ Signature _____

Name _____ Signature _____

Name _____ Signature _____

Name _____ Signature _____

Swimmer Classification Form

This form must be filled out on the date and at the location of the swim checks. All blanks must be crossed out before it is signed. **If somebody retests on the same date and receives a higher classification, cross out the old entry and place a new entry.** Names should not be marked out after the form has been signed. A Swim test verification form must be attached.

Unit Type _____ Number _____ City _____

Signature of Certified Supervisor _____ Date _____

	Name	Non-swimmer	Beginner	Swimmer
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