

### **Unit Swim Test Procedures**

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. The swim tests must be renewed annually, preferably at the beginning of each outdoor season. Traditionally, swim classification tests have been conducted upon arrival at Summer Camp. However, there is no restriction that this is the only place the test may be conducted. It may be more convenient to conduct the swim classification prior to a unit's arrival at summer camp. This document outlines the procedure to be incorporated by units choosing to conduct the swim test.

\*Please review this entire document prior to submitting your swim tests. All swim tests must be conducted by a person meeting the qualifications outlined in this document, and their certification must be attached to your form.

**Special Note:** Although swim tests may be conducted prior to summer camp, the Aquatics Director is expected to review or retest any Scout or Scouter whose skills appear to be inconsistent with their classification. Additionally the aquatics program director is authorized to retest any Scout or group of Scouts when they are reasonably concerned that pre-camp swim tests were not properly administered.

The swim classification test conducted at the unit level must be administered by a person holding a **current certification** in any one of the following:

Aquatics Instructor, BSA
BSA Lifeguard Counselor
BSA Lifeguard
American Red Cross Certified Lifeguard
Aquatics Safety: Swimming and Water Rescue trained personnel
Water Safety Instructor (WSI)

Please note that while further training is not required, a copy of the certification for the person administering the test is required to be attached to the final roster from the testing session.

Questions? Contact Aquatics Instructor: MJ, 404-202-9264; marguerittej@gmail.com

## **Purpose of this Policy**

The BSA aquatics program has five basic objectives.

- To give youth self-confidence and skill in aquatics
- To instruct youth in self-preservation, the care and use of aquatics equipment and rescue methods
- To promote aquatics recreation
- To develop physical strength and coordination
- To aid units in planning and conducting a safe year-round aquatics program

### **Administration of the Swim Test**

Swim classification tests must be conducted <u>after January 1st of the current year</u> prior to the units' arrival at camp.

All persons participating in BSA Aquatics are classified according to swimming ability. The swim test classifies Scouts and Scouters into three swimming ability groups: swimmer, beginner and non-swimmer.

- The **swimmer** classification demonstrates the minimum level of swimming ability required for safe deep-water swimming.
- The **beginner** classification demonstrates that the Scout is ready to learn deep-water skills and has the minimum ability required for safe instructional and recreational activity in a confined swimming area in which shallow waters, sides, or other support are less than 25 feet from any point on the water.
- All Scouts and Scouters who do not complete the beginner test or who choose to not participate in any
  test are classified as non-swimmers. All non-swimmers should be encouraged to take swim lessons
  to improve their swimming ability and become comfortable participating in water activities.

## The BSA Swimmer and Beginner Test

#### Swimmer Test

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.

#### Beginner Test

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. Anyone who has not completed either the beginner or swimmer tests is classified as a nonswimmer.

### **Examples of Reasons for not Passing the Test**

The BSA has identified several reasons for a Scout or Scouter to not successfully complete the swim test.

- Underwater swimming
- Dog paddling
- Resting in the middle of the test
- Treading water and not maintaining a forward motion
- Not floating at the end of the test
- Swimming too fast and appearing to be too tired at the end of the test.

# **Unit Swim Test-Off Form**

I, the BSA Swim Test Test Administrator, sign below certifying that the following Scouts and Scouters have been administered the BSA Swim Test. I also certify that all Scouts and Scouters have been classified according to the BSA Swim Test standards. **Attach a copy of the administrator's certification to this form.** 

Signature:				Date:	
Print Name:				Title & Cert Exp Date:	
Approved Test Administrator certified lifeguard;				L d Counselor; BSA Lifegua Rescue trained personne	
Tested in Lake	Tested in Pool		Approximate Water Temp.		Degrees F.
Swimmer's Name			Age Swim Classification		ification
(Attach additional pages as	required)			•	
The above listed Scouts a BSA swim test standards. swim test.					
UNIT LEADER APPROVAL	-			Date	
Unit (Troop/Team/Crew)		C	ouncil		
Special Note: Although swim tes retest any Scout or Scouter who program director is authorized to	ose skills appear to be	incon	sistent with his	or her classification. Addition	onally the aquatics

swim tests were not properly administered.