



Swim Test Instructions:

1. Each Fairport Crew participant must pass a basic swim test prior to getting onto the water.
2. Take this form to any pool with a certified swim instructor or lifeguard.
3. Hand this form to the lifeguard, complete the activities, and have the lifeguard sign off to verify the athlete's completion of the swim test requirements.

SWIM TEST

NAME _____ DATE _____

To the Life Guard administering the test: Please write 'Yes' if skills are completed, 'No' if skill was not completed, and comment on overall strength.

1. Swim 50 Yards:
2. Tread water for 10 min with sweatshirt on:
3. Overall Swim Strength (Poor/Fair/Strong): _____

Swim Instructor/Lifeguard Signature _____ DATE _____

Parent/guardian signature _____ DATE _____

**When completed please return this form to your coach.*