

American Yacht Club
Sailing School
Newburyport, MA 01950

Swim Test

The following swim assessment must be performed by a certified lifeguard or swim instructor prior to attending class.

Date: _____

Participant's name: _____

Skills to be performed:

Jump in and fully submerge, swim 100 yards of stroke of choice, tread water for 2 minutes, float on back for 1 minute.

Please check those completed:

Jump in: _____

Swim 100 yards: _____

Tread water: _____

Float on back: _____

I, _____ (lifeguard's or water safety instructor's name), certify that
_____ (student's name) has completed the above swim test at
_____ (name of facility).

Lifeguard name: print: _____ sign: _____

Type of certification: (e.g. Red Cross, YMCA, etc.) _____