



GSCTX Individual Swim Assessment—Verification of Completion Form

Swim tests are required every year for Girl Scouts participating in any type of Girl Scout aquatic activities including but not limited to pool activity, canoeing, stand-up paddleboarding, etc. Defer to the aquatic facility, instructor, or activity provider; some may require a more rigorous evaluation.

During sleepaway camp, swim tests are often conducted at the beginning of each week to assess a camper's swimming ability even if they have participated and completed a swim test previously in the year.

This assessment may be used when completing any paperwork asking for confirmation of swim level and ability. It documents that a participant has demonstrated the swimming skills listed below. Swimmers should swim only up to their ability, as certified by a lifeguard or certified swim instructor.

Lifeguards and instructors: Use this tool to record assessments as needed but follow any facility- or activity-specific evaluations.

Assessment criteria: Each participant should be evaluated in both forward motion and resting, without support or flotation devices.

Note: Any participants who arrive to an event without a completed swim assessment completed will be assumed to be a beginner/non-swimmer

Participant's Name: _____

✓	ASSESSMENT	DEFINITION	EXPERT NAME, TITLE & SIGNATURE	DATE
☐	A.	Enter water, stay near edge, swim 25 yards, float for 30 seconds.		
☐	B.	Jump feet first into deep water, swim 50 yards, tread for one minute.		
☐	C.	Jump feet first into deep water, swim 100 yards (using a combination of freestyle and elementary backstroke), tread for two minutes.		
☐	Other	Describe assessment:		

- ☐ **N/A - Caregiver selected non-swimmer.** This swimmer is required by caregivers to wear a Coast Guard - approved personal flotation device (PFD/life-jacket), always. Note: this participant is not required to complete a swim assessment.

Parent/Caregiver signature: _____



Swimmer Classifications

Beginner/Non-Swimmer (unable to complete Assessment A—or no assessment made)

- Limited to shallow water or standing-depth areas
- Must wear a Coast Guard–approved **life jacket** for applicable activities per SACs
- Cannot participate in activities requiring strong swimming skills (e.g., surfing, SCUBA)

Caregiver selected non-swimmer (no assessment made)

- Limited to shallow water or standing-depth areas
- Must wear a Coast Guard–approved **life jacket** for at all times
- Cannot participate in activities requiring strong swimming skills (e.g., surfing, SCUBA)

Intermediate Swimmer (completes Assessment A or B)

- May swim in deep water
- Must wear a life jacket when required by SACs
- Cannot participate in high-risk activities like surfing or SCUBA

Proficient/Strong Swimmer (completes Assessment C)

- Eligible for most aquatic activities
- Must wear a life jacket when required by SACs
- May participate in all aquatic activities



GSCTX Troop Swim Assessment—Verification of Completion Form

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Assessment Definitions

- A.** Enter water, stay near edge, swim 25 yards, float for 30 seconds.
- B.** Jump feet first into deep water, swim 50 yards, tread for one minute.
- C.** Jump feet first into deep water, swim 100 yards (using a combination of freestyle and elementary backstroke), tread for two minutes.
- Other** Describe assessment: _____



Swim Assessment Troop Record

Troop Number _____

Date of Swim Assessment: _____

	Full Name (Print)	Swim Assessment (check all that apply)				
		Caregiver selected Non-Swimmer <i>(Troop Leader has individual signed assessment on file)</i>	A	B	C	Other
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

On (today's date) _____, The participants named above completed the checked swim assessment(s).
This assessment is valid for one year from today.

Instructor's Printed Name: _____ Instructor's Signature: _____

Instructor's Title: _____