

## GSCTX Individual Swim Assessment—Documented Verification of Completion

Swim tests are required every year for youth and adults 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.

### Participants complete the following requirements to the best of their ability.

- Enter water that is above your head and return to surface.
- Turn over and around in the water.
- Exit the water without using a ladder.
- Tread water for two minutes while keeping their head above water.
- Swim a minimum of 25 yards in one direction without stopping and without touching the ground or holding onto the wall.

### Instructors, please check the appropriate level and complete the information below:

- Non-Swimmer.** This swimmer cannot successfully demonstrate or complete any of the above requirements. Non-swimmers must wear a Coast Guard–approved personal flotation device (PFD/lifejacket), always.

**NOTE:** *Any participants who arrives to an event without this assessment complete will be assumed to be in this level.*

- N/A – Caregiver selected non-swimmer.** This swimmer is required by caregivers to wear a Coast Guard- approved personal floatation device (PDF/lifejacket), always.

Additional information or special needs to be aware of:

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PDF/lifejacket will be provided by participant:    \_\_\_ YES    \_\_\_ NO

If no, what is the weight of the participant: \_\_\_\_\_

**Parent/Caregiver signature:** \_\_\_\_\_

**NOTE:** Any participants who arrive to an event with this section completed on their assessment will not be required to take a swim assessment.

- Beginner Swimmer.** This swimmer cannot successfully demonstrate or complete a portion of the above requirements. A beginner swimmer is only permitted in shallow water or where they can stand comfortably. Beginner swimmers must wear a Coast Guard–approved personal flotation device (PFD/lifejacket) when swimming in water deeper than where they can stand comfortably or when participating in an activity that requires a PFD.

- **Intermediate Swimmer.** This swimmer can successfully demonstrate the above requirements in shallow or calm deep water but is considered a cautious swimmer or a swimmer who is not strong. Coast Guard–approved flotation devices (PFD/lifejacket) are optional (unless required by activity), but it is not recommended that anyone at this level participate in high-risk swimming/aquatic activities, such as surfing, water skiing, etc.
  
- **Proficient Swimmer.** This swimmer can successfully demonstrate the above requirements in shallow or deep water; they display strong swimming skills and may participate in most high-risk swimming/aquatic activities. Coast Guard–approved flotation devices (PFD/lifejacket) are not required (unless required by activity).

*Please note that some activities may require a more advanced assessment.*

On (today's date) \_\_\_\_\_, (participant's name) \_\_\_\_\_  
has earned the above checked swim level. This test is valid for one year from the date of this test.

Instructor's Printed Name: \_\_\_\_\_ Instructor's Signature: \_\_\_\_\_

Instructor's Title: \_\_\_\_\_

## GSCTX Troop Swim Assessment—Documented Verification of Completion

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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.

### **Participants complete the following requirements to the best of their ability.**

- Enter water that is above your head and return to surface.
- Turn over and around in the water.
- Exit the water without using a ladder.
- Tread water for two minutes while keeping their head above water.
- Swim a minimum of 25 yards in one direction without stopping and without touching the ground or holding onto the wall.

### **Instructors, please initial the appropriate level for each participant and complete the chart below:**

- Non-Swimmer.** This swimmer cannot successfully demonstrate or complete any of the above requirements. Non-swimmers must wear a Coast Guard–approved personal flotation device (PFD/lifejacket), always.
- N/A – Caregiver selected non-swimmer.** This swimmer is required by caregivers to wear a Coast Guard- approved personal flotation device (PDF/lifejacket), always.

**NOTE:** Signed copy of the individual assessment is required to be submitted by caregiver and a copy must be retained by the Troop Leader.

- Beginner Swimmer.** This swimmer cannot successfully demonstrate or complete a portion of the above requirements. A beginner swimmer is only permitted in shallow water or where they can stand comfortably. Beginner swimmers must wear a Coast Guard–approved personal flotation device (PFD/lifejacket) when swimming in water deeper than where they can stand comfortably or when participating in an activity that requires a PFD.
- Intermediate Swimmer.** This swimmer can successfully demonstrate the above requirements in shallow or calm deep water but is considered a cautious swimmer or a swimmer who is not strong. Coast Guard–approved flotation devices (PFD/lifejacket) are optional (unless required by activity), but it is not recommended that anyone at this level participate in high-risk swimming/aquatic activities, such as surfing, water skiing, etc.
- Proficient Swimmer.** This swimmer can successfully demonstrate the above requirements in shallow or deep water; they display strong swimming skills and may participate in most high-risk swimming/aquatic activities. Coast Guard–approved flotation devices (PFD/lifejacket) are not required (unless required by activity).

*Please note that some activities may require a more advanced assessment.*

# Swim Assessment Troop Record

Troop Number \_\_\_\_\_

Date of Swim Assessment: \_\_\_\_\_

	Full Name (Print)	Swim Level				
		Caregiver selected Non-Swimmer <i>(Troop Leader has individual signed assessment on file)</i>	Non- Swimmer	Beginner Swimmer	Intermediate Swimmer	Proficient Swimmer
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

On (today's date) \_\_\_\_\_, The participants named above have earned the above initialed swim level. This test is valid for one year from the date of this test.

Instructor's Printed Name: \_\_\_\_\_ Instructor's Signature: \_\_\_\_\_

Instructor's Title: \_\_\_\_\_