



BSA Swim Test Certification

A BSA Lifeguard or Red Cross Lifeguard **MUST** administer this test. A copy of their certification card **MUST** accompany this form. Incomplete forms, or absence of proof of certification, will void the Swim Test.

Note to Lifeguard

It is very important that you administer this test exactly as stated. Do not make exceptions for any reason. There are three classification levels in the BSA Swim Test. The first is **SWIMMER**, which will allow the scout to swim in all areas, boat in open areas of a lake, and participate in waterskiing and open sea activities. The second is **BEGINNER**, which will permit limited boating and swimming. The third is **LEARNER**, which will permit wading and boating only with qualified accompaniment in safe watercraft.

SWIMMERS must demonstrate the following:

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl (no dog-paddle); then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating for one minute.

BEGINNERS must demonstrate the following:

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to the starting place.

LEARNERS are those who cannot pass the test required of **SWIMMERS** or **BEGINNERS**.

Please administer the swim test to each Scout and then complete the attached form and include a copy of your certification card. Initial or check the **LEARNER**, **BEGINNER**, or **SWIMMER** column, as appropriate, for each Scout.

