

BLS CREW
SWIM TEST CARD

Section 1

Name: _____

Address: _____

Section 2

Name of Observer: _____

Name of Pool: _____

Swim test Certification:

I hereby certify that the participant named above can swim 100 yards in a competent manner and can remain afloat for at least 5 minutes.

Signature of Observer

Date

All participants are required to pass a standardized swimming test consisting of:

- Swimming 100 yards continuously.
- Treading water for 5 minutes.

A certified lifeguard or water safety instructor must administer the test and upon successful completion, fill out and sign the SWIM TEST CARD

Instructions:

- 1) Fill out your name and address on Section 1
- 2) Have a certified Lifeguard / Water Safety Instructor observe you and complete Section 2.
- 3) Bring the completed card to the first class.