American Heritage Girls
FAITH | SERVICE | FUN

Swim Test Classification Form for Girls and Adults

- If an activity will take girls or adults into water more than ankle deep a *Swim Test Classification Form* is required.
- A girl or adult always has the option to opt out of the swim test and declare themselves a Non-Swimmer.
- Swim Tests can be conducted by a lifeguard, swim instructor, swim coach or water safety instructor.
- *Swim Test Classification Forms* are good for three years from the date of the test.
- Troops use a visual indicator, corresponding to swim level, such as green (swimmer), yellow (beginner) and red (non-swimmer) bracelets, that allow lifeguards and Adult Members to identify levels.
- Troops maintain an original copy of the *Swim Test Classification Form* in Troop records for four (4) years.

Girl/Adult Name	
Troop #	
Date of Test	
Location of Test	

Any change in classification will require a reclassification test. AHG Adult Members leading or conducting water activities reserve the right to retest all participants to assure that swim standards have been met.

Please circle one classification:

Classification	Requirements
Swimmer: May swim in all designated swimming areas.	• Jumps into deep water. • Swims 75 yards with strong forward stroke. • Swims 25 yards with restful backstroke or elementary backstroke. • Rests by floating. • Total 100 yards with entry and turn.
Beginner: May only swim in the shallow end or areas where they can touch the bottom.	• Jumps into deep water. • Swims 25 feet. • Turns and swims back. • Total 50 feet with entry and turn.
Non-Swimmer: Must use Coastguard approved Personal Flotation Device (PFD) and may only enter a body of water to the knee, where both feet can firmly touch the ground, and an Adult Member maintains continuous visual contact.	Cannot complete either of the above swimming tests, without considerable strain, touching the bottom, holding onto wall, lane lines, etc. **or** chooses to opt out of a swimming test.
Name of person conducting Swim Classification Tests:	
❏Lifeguard ❏Swimming Instructor ❏Swimming Coach ❏Water Safety Instructor ❏Other	
Certification expires:	
Signature:	