

The BSA Beginner and Swimmer Test

_____ Pack: _____ Den: _____
(please print swimmer's name)

has pasted the requirements for **Beginner or Swimmer** as listed by the achievements below. (please circle one)

Beginner Test

- ◇ 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 starting place.

Swimmer Test

The swimmer test is 100 yards in one swim without stops, and must include 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
 - ◇ crawl
- ◇ Then swim 25 yards using an easy, resting backstroke.
- ◇ Include at least one sharp turn.
- ◇ After completing the swim, rest by floating.

Any lifeguard, with a nationally recognized certification, may witness this test.

Lifeguard Signature Date

Certification and Expiration Date Location of Test

Swimmer's Signature Date

Please keep a copy for your records. This form may be used at other SFBAC swimming events during this calendar year. This form must be updated every year.