



# Cub World

## Pre-Camp Swim Check

Upon arrival at Camp Tom Wooten, normally adult and youth campers report to the pool for this swim check after checking in, however, we will permit campers to bring certification of their own swim checks and resulting certifications to camp provided they follow the Safe Swim Defense guidelines outlined below. **A certified lifeguard, either BSA or American Red Cross, must conduct the pre-camp swim check. Please attach a copy of the lifeguard's certification card. Safe Swim Defense Certification for camp does not qualify.** Any change in swim status after this date will require a reclassification test by the Camp Aquatics Director. The Camp Aquatics Director reserves the right to retest all participants to assure that swim standards have been met.

### Swim Classifications (Swim test should be conducted annually.)

**Nonswimmer:** No test or have not passed a swimming test.

**Beginner:** Jump feet first into water over your head. Level off. Swim 25 feet on the surface. Stop. Turn sharply. Resume swimming as before and return to starting point for a total of 50 feet.

**Swimmer:** Jump feet first into water over your head. Level off. Swim 75 yards in a strong forward manner using one or more of the following: sidestroke, breaststroke, trudgen, or crawl. Swim 25 yards using an easy resting backstroke. The 100 yards must be swum\*continuously and include at least one sharp turn. After completing the swim, rest by floating.

After the test is completed, please bring completed form with you to camp check-in. Please make more copies as needed.

Scout/Adult Name: \_\_\_\_\_ Classification: \_\_\_\_\_

Date Swim Test Conducted: \_\_\_\_\_ Pool Location Conducted: \_\_\_\_\_

Phone # of Pool: \_\_\_\_\_

Test Conducted by:

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

Circle:    BSA Lifeguard                  Red Cross Lifeguard

Certification Expiration: \_\_\_\_\_ (attach a copy of card)

**A certified lifeguard, either BSA or American Red Cross, must conduct the pre-camp swim check.  
Please attach a copy of the lifeguard's certification card.  
Safe Swim Defense Certification for camp does not qualify.**