



# GSSJC Proficient Swimmer and Advanced Swimmer Card



Below are the requirements for the GSSJC Proficient Swimmer Test and Advanced Swimmer Test. Please note a current lifeguard, swim instructor or swim coach must be the only one administering the test. They must be certified through YMCA, American Red Cross, and/or USA Swimming. Any lifeguard, swim instructor, or swim coach certified outside of those three entities will not be accepted. Present this form to the guard/instructor that is administering the test. Make sure that he or she fills out the form completely and signs it below.

## What you need to know

This form is considered the girl's Swim Test Card. Please keep this form as verification that your Girl Scout has completed the requirements needed to participate in the activities listed below. If this form is lost, your Girl Scout will have to retake the test again with a new form.

### How to use this form:

**For Paddle Sports/Water Activities Off Council:** Proficient Swimming Test. Refer to Safety Activity Checkpoints for additional guidance and requirements.

**For sailing and other high risk water activities:** Proficient Swimming Test and Advanced swimming. Refer to Safety Activity Checkpoints for additional Guidance and requirements.

- Your Girl Scout will be re-tested if they are participating in an on council property activity. This will include, resident camp, sailing, or flatwater activities that specify the requirements.
- Be aware if your Girl Scout is re-tested and does not pass they cannot participate in the activity.
- Please respect the expertise of the water professional testing your Girl Scout.

Name of Participant \_\_\_\_\_

### **Proficient Swimmer Test**

- Jump feet first entry into deep water
- Tread water 5 minutes. The first 2 minutes must be vertical, head above water using arm and leg movements
- Put on lifejacket that will be tossed. Must be put on correctly.
- Swim a minimum of 20 yards or more with lifejacket on, without stopping.
- Remove lifejacket, swim Front Crawl (Freestyle) a minimum of 20 yard face in the water, with rhythmic breathing without stopping.

### **Advanced Swimmer Test (To be taken in addition to the Proficient Swimmer Test)**

- Swim Elementary Backstroke, or Backstroke (Back crawl) 20 yards or more
  - Submerge and swim underwater for 3 body lengths
- Did not compete the swim requirements to achieve either level.

### **For Water Professional Use**

By signing I confirm that on this day the participant successfully performed the required skills to the standard within my scope of training and certification. (Certifier should not sign unless a girl has completed one or both skill levels.)

Lifeguard/Instructor Name

(Print) \_\_\_\_\_

Lifeguard/Instructor signature

\_\_\_\_\_

Date: \_\_\_\_\_

Circle one: American Red Cross    USA Swimming    YMCA

Cert. Exp. Date: \_\_\_\_\_