

## AHG Activity Swim Test Classification Record for Girls and Adults

AHG requires a swimming competency evaluation for all girls and adults who will participate in any activity involving water more than ankle deep.

Participant's Name:		Iroop	0#:
Date of Test:	Locatio	on of Test:	
		assification test. AHG Camp Directors rese been met. All Swim Test Classifications are	
SWIM CLASSIFICATIONS:			
Swimmer (Blue) (May swim in all designated swim areas)		Can jump feet first into water over the head, level off, and begin swimming. Can swim 75 yards in a strong manner using one or more of the following strokes: side, breast, trudgen, or crawl. Can swim 25 yards using an easy, resting backstroke. The 100 yards must be completed without stops and must include at least one sharp turn. Can rest by floatingLong enough to demonstrate ability to rest when exhausted.	
Beginner (Red) (May only swim in the shallow end, or areas where she can touch.)		In water that she can touch the bottom in, can jump in and fully submerge head. Can swim 25ft on the surface without considerable strain, touching the bottom, holding onto wall, lane lines, etc.	
Non-Swimmer (White) (Must stay in shallow end and utilize a Coastguard approved PFD).		Cannot complete either of above swimming tests, without considerable strain, touching the bottom, holding onto wall, lane lines, etc.	
		form may also be needed if a girl or ac You may be asked to present this form	
Name of person conducting Sw	im Classificatio	ons:	
Print Name	Signa	ature	Certification Expires
Certification As: (please check)			
Certified Lifeguard			
American Red Cross Water	Safety Instructor	r	
Aquatics Instructor (Organiz	ation	)	
Swim Coach (School/Team)			