

Swimming Requirement Validation Form - F260-7A

This approval letter will certify that your son/daughter has successfully performed the following necessary swimming requirements under the supervision of a certified aquatic instructor or certified lifeguard. This form should be completed during the current school year as per OPHEA. In lieu of completing the swim test, students may provide proof of Bronze Star certification or higher.

SWIM TEST FOR WATER ACTIVITIES - An initial screening/testing of swimming ability must be demonstrated in shallow water to a certified aquatic instructor prior to swimming. To be designated “a swimmer” students must be able to tread water for 1 minute and swim 50m (164’). Identified non-swimmers and those who cannot successfully complete the swim test must wear a properly fastened Personal Flotation Device (PFD) to successfully complete the swim test.

Swim Test	Initial of certified aquatic instructor or certified lifeguard	
Swim 50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
Tread water for 1 minute	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	

SWIM TEST FOR WATER ACTIVITIES INVOLVING WATERCRAFT - Prior to canoeing, students must successfully complete the following swim test in its entirety, in sequence, with or without a personal flotation device (PFD):

Swim Test for Watercraft (Canoeing)	Initial of certified aquatic instructor or certified lifeguard	
Rolling entry into deep water at 2.75m (9’) minimum depth	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
Swim 50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
Tread water for 1 minute	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	

Upon completion of the test, please have the qualified NLS representative fill the following information.

Address of location test was completed					
Phone #		Date of the test			
Name of the certified aquatic instructor or certified lifeguard		Signature of certified aquatic instructor or certified lifeguard			
Certification Date		Certification #		Phone #	

Copies of this form must be shared with parents, trip guides, students, staff supervisor(s) as per OPHEA guidelines.

Note: Those who cannot complete the test without a PFD must be identified and wear a properly fastened Personal Flotation Device (PFD) for recreational swims and instructional swims. The PFD can be removed during instructional swims when the non-swimmer is under constant visual supervision by the instructor during learn-to-swim skill instruction and/or practice.

Teacher _____

Signature: _____

Principal: _____

Signature: _____