

### Swimming Requirement Validation Form - On-Site Testing - F260-7B

This approval letter will certify that each participant has successfully performed the following necessary swimming requirements under the supervision of a certified aquatic instructor or certified lifeguard. 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 FOR WATER ACTIVITIES INVOLVING WATERCRAFT** - Prior to canoeing, students must successfully complete a rolling entry into deep water at 2.75m (9’) minimum depth and the swim test for water activities, in sequence, with or without a personal flotation device (PFD):

**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 (as per OPHEA guidelines).

Upon completion of the test, please have the representative fill in 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 #	

Teacher \_\_\_\_\_

Signature: \_\_\_\_\_

Student	Swim Test						Initial of Qualified NLS representative	
1	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
2	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
3	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
4	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
5	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
6	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
7	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
8	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
9	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
10	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
11	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
12	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
13	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
14	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
15	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
16	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		
17	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>		

18	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
19	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
20	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
21	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
22	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
23	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
24	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
25	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
26	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
27	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
28	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
29	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
30	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
31	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
32	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
33	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
34	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	
35	50m	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	1 min Tread	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	Roll.Entry	YES <input type="checkbox"/> YES w PFD <input type="checkbox"/> NO <input type="checkbox"/>	