

INSTRUCTIONS

To participate in Girl Guide swimming or boating activities individuals must demonstrate competency in the water. Use this form to document who has successfully completed the relevant test or shown proof of equivalency.

The Responsible Guider:

- Ensures the testers are familiar with the testing requirements.
- Submits this form for this form to your Girl Guide office to update individuals' information in our database.

Proof of equivalency for a test must be shown to the Responsible Guider in the form of a document with the individual's name. A badge is not acceptable.

Part A: Test Requirements (see additional notes in Safe Guide)

Swim Test Standards	Advanced Swim Test
<p>Tests are to be administered by aquatic personnel. The Responsible Guider must ensure that they are familiar with the testing requirements.</p> <p><u>To successfully complete the test the swimmer must:</u></p> <ul style="list-style-type: none"> • Swim 50 meters, tread water for one minute. • The test must be performed without touching a dock or the bottom in water that is no more than chest deep. • The swimmer can swim on her front or back. • The swimmer needs to be in a horizontal position and continuously moving forward for the swim portion of the test. • The swimmer must tread water immediately after completing the 50 m swim. • When treading water, the swimmer's head must be upright and out of the water. <p>This test is not required if the individual has passed the advance swim test.</p> <p><u>Proof of Equivalency:</u></p> <ul style="list-style-type: none"> • Red Cross Swim Kids 5, Lifesaving Society Swimmer 4 or YMCA Swimmer or higher 	<p>The testers must hold one of the following qualifications: NLS OR Instructor for NLS, YMCA or Lifesaving Society.</p> <p><u>To successfully complete the test the swimmer must:</u></p> <ol style="list-style-type: none"> 1. Swim 200 m <ol style="list-style-type: none"> a. Any stroke without pauses or stops at the edge of the pool b. Face forward in water for at least 25m/yds (for example breaststroke or crawl with face in and out of the water for the entire test) 2. Without break after 200 m, tread water 5 minutes <ol style="list-style-type: none"> a. Keep head out of water b. Comfortable throughout c. Able to turn around and talk throughout 3. Goggles are permitted if test done in chlorinated pool or other reasonable reason given. No masks allowed. <p><u>Proof of Equivalency:</u></p> <ul style="list-style-type: none"> • Lifesaving Bronze Star or Bronze medallion; Red Swim Kids 10; YMCA Star 7 or higher.
<p>Non-swimmer PFD Check for Boating Standards</p>	
<p>Checks are run by the activity facilitator, aquatic personnel or a GGC Member familiar with the type of boating.</p> <p><u>Wearing a properly fitted PFD, individuals must:</u></p> <ul style="list-style-type: none"> • Swim 25 m (girls) or 75 m (adults), • Demonstrate the HELP position for one minute. <p>This test is not required if the individual has passed the swim test or advance swim test.</p> <p><u>Proof of Equivalency:</u></p> <ul style="list-style-type: none"> • Red Cross Swim Kids 3, Lifesaving Society Swimmer 3, YMCA Dolphin 	

