



Sailing Swim Test Form

What skills are required for the sailing swim test?

Students must swim 25 yards in lightweight clothing and tread water for 5 minutes. During the final minute of treading water, students must don and secure a lifejacket.

How do I complete the sailing swim test?

1. Go to the Bainbridge Island Aquatic Center or another swimming pool where there is a certified lifeguard and take the test. Make sure to call ahead to see if there is availability (swim tests are not available at the Bainbridge Island Aquatic Center during open swim periods).
2. Have the lifeguard / swim test administrator sign off on the form below.

Who is exempt from the sailing swim test?

- Any current lifeguard or water safety instructor (attach a copy of your card).
- Anyone with a current PADI or similar diving certificate (attach a copy of your card).
- Anyone who has a [Swimming License](http://swim.benitek.net/) on file with the Bainbridge Island Aquatic Center. Visit <http://swim.benitek.net/> to see if your sailor is on file, print out the page showing they passed, highlight their name, and attach it to this completed form.

Will I need to take this test again once I pass? No, a scan will be attached to your household account.

Sailor's Name (printed name): _____ **Date:** _____

Swim Test Administer (printed name): _____

_____ The above sailor has successfully passed the sailing swim test as required for participation in sailing activities for Bainbridge Island Park District.

_____ The above sailor is exempt from the Sailing Swim Test. Attached is documentation for proof of exemption.