



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.

Who is exempt from the sailing swim test?

- Any current lifeguard or water safety instructor (submit a copy of your card)
- Anyone with a current PADI or similar diving certificate (submit a copy)
- Anyone who has already submitted a copy of a swim test or equivalent that is on file.

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

How do I complete the sailing swim test?

1. Print and complete the following portion of the form

Name _____

Address _____

2. Go to the Bainbridge Island Aquatic Center or any other 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*).
3. Have the lifeguard complete the following:

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

Pool _____ **Date** _____

Certified Lifeguard (print) _____

Certified Lifeguard (sign) _____