AMERICAN HERITAGE GIRLS™
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AHG Activity
Swim Test Classification Record for Girls and Adults

AHG requires a swimming competency evaluation for all girls and adults who will participate in any activity involving water more than ankle deep.

Participant's Name:_____ Troop#:_____

Date of Test:_____ Location of Test:_____

Any change in status after this date will require a reclassification test. AHG Camp Directors reserve the right to retest all participants to assure that swim standards have been met. All Swim Test Classifications are good for *one year*.

SWIM CLASSIFICATIONS:

Swimmer (Blue) (May swim in all designated swim areas)	Can jump feet first into water over the head, level off, and begin swimming. Can swim 75 yards in a strong manner using one or more of the following strokes: side, breast, trudgen, or crawl. Can swim 25 yards using an easy, resting backstroke. The 100 yards must be completed without stops and must include at least one sharp turn. Can rest by floating…Long enough to demonstrate ability to rest when exhausted.
Beginner (Red) (May only swim in the shallow end, or areas where she can touch.)	In water that she can touch the bottom in, can jump in and fully submerge head. Can swim 25ft on the surface without considerable strain, touching the bottom, holding onto wall, lane lines, etc.
Non-Swimmer (White) (Must stay in shallow end and utilize a Coastguard approved PFD).	Cannot complete either of above swimming tests, without considerable strain, touching the bottom, holding onto wall, lane lines, etc.

Troops should maintain a copy of this form. This form may also be needed if a girl or adult attends a Regional or Day Camp where water activities are involved. You may be asked to present this form at activity registration prior to the start of the activity.

Name of person conducting Swim Classifications:

_____	_____	_____
Print Name	Signature	Certification Expires

Certification As: (please check)

____ Certified Lifeguard

____ American Red Cross Water Safety Instructor

____ Aquatics Instructor (Organization_____)

____ Swim Coach (School/Team _____)