



*Appendix E*

## **SCCDSB Aquatics Proficiency Test**

All students participating in an excursion with water-based activities must participate in a pre-excursion swim test. The school must retain a copy of the results.

Student's First and Last Name: \_\_\_\_\_

Name of School: \_\_\_\_\_

This signed form indicates that the above student was successful in completing the following tasks:

- An initial screening/testing of swimming ability must be done in shallow water.
- Swim 50 meters (164') continuously using any stroke without touching the sides or bottom of the pool and without assistance.

The above components of the swim test must be completed in sequence and without any aids or stops. The test must be administered by a qualified instructor/guard (test is based on the Lifesaving Society's Swim to Survive™ Standard).

The swim test must be completed within the school year in which the activity is taking place. In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.

**Students who do not pass the swim test or who do not have the aforementioned certification must wear a certified PFD while swimming.**

Date of Test: \_\_\_\_\_ Location of Test: \_\_\_\_\_

First and Last Name of Lifeguard: \_\_\_\_\_

Contact Phone # of lifeguard for verification (if needed): \_\_\_\_\_

Signature of Lifeguard: \_\_\_\_\_

**Please note: a copy of this form must be sent home to inform parents/guardians upon completion.**