

PROOF OF SWIMMING ABILITY VERIFICATION

This is to attest that _____

Name of applicant

of _____

Address

City

State

ZIP

Performed the swim check required by US Sailing (SWIM UNAIDED FIFTY YARDS)

at _____

Name of facility

City

State

ZIP

on _____

Date

I further attest that the applicant performed the swim check in my personal presence throughout, that he/she showed no signs of distress, and completed the check in a timely manner using an accepted swim stroke.*

Name of Official _____ Signature _____

OR

Swim Instructor or Life Guard's Certifying Organization _____

Swim Instructor or Life Guard's ID Number _____

Address _____

Phone Home _____ Work _____ Cell _____

Email Address _____

** Accepted swim strokes, as defined by the American Red Cross: front crawl, breaststroke, side stroke, elementary backstroke, back crawl and butterfly. Floating, treading water, sculling or finning while floating is not considered to be swimming strokes.*

SWIMMING

All candidates shall submit proof of their ability to swim 50 yards at the course. If a candidate has US Sailing Small Boat Sailing Level 1 Instructor certification, or US Sailing Level 1 Windsurfing Instructor certification will suffice as proof. US Sailing will accept swimming certificates issued by the American Red Cross, YMCA, NAUI or PADI. US Sailing will also accept its Proof of Swimming Ability Verification form completed by a swimming instructor certified by the American Red Cross, YMCA, NAUI, PADI, or a lifeguard certified by the American Lifeguard Association or U.S. Lifesaving Association.

All candidates, who do not meet the criteria above, must bring this completed Swim Check Form to the course.