



PROOF OF SWIMMING ABILITY VERIFICATION

This is to attest that _____

Name of applicant

of _____
Address City State ZIP

was able to swim fifty yards unaided

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 _____

Swim Instructor or Lifeguard's Certifying Organization _____

Swim Instructor or Lifeguard's ID Number _____

Contact information for official:

Email Address _____

Contact Phone: _____

** 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 unaided. 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 and signed 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.