

Heart of Virginia Scout Reservation

Camp T. Brady Saunders

1723 Maidens Rd., Maidens, VA 23102



PRE-CAMP SWIMMING TEST REQUIREMENTS

- A BSA Lifeguard or Red Cross Lifeguard **MUST** administer this test.
- A copy of his/her current certification **MUST** accompany this form.
- It is very important that you administer this test exactly as stated.
- Do not make exceptions for any reason.
- If there is any question about the Scout's ability, have the Scout retest at camp.
- Keep in mind to the best of your ability that the lake water at camp is colder than most swimming pools.
- There are three qualification levels in the BSA Swim test:
 - **SWIMMER**: Allows Scouts to swim in all swim areas and boat in open areas of the lake.
 - **BEGINNER**: Allows limited boating and swimming.
 - **NON-SWIMMER**: Permits wading, and boating only with qualified accompaniment.
- **Failure to comply with all the requirements of this form will result in a retest at camp.**

Swimmer Test:

"Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl (no dog-paddle); then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating."

The test administrator must objectively evaluate the individual performance of the test, and in so doing should keep in mind the purpose of each test element:

1. Jump feet first into water over the head in depth, level off, and begin swimming... The swimmer must be able to make an abrupt entry into deep water and begin swimming without any aids. Walking in from shallow water, easing in from the edge or down a ladder, pushing off from side or bottom, or gaining forward momentum by diving do not satisfy this requirement.
2. ...Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl... The swimmer must be able to cover distance with a strong, confident stroke. The 75 yards must not be the outer limit of the swimmer's ability; completion of the distance should give evidence of sufficient stamina to avoid undue risks. Dog-paddling and strokes repeatedly interrupted and restarted are not sufficient; underwater swimming is not permitted. The itemized strokes are inclusive. Any strong side or breaststroke or any strong over-arm stroke (including the back crawl) is acceptable.
3. ...swim 25 yards using; an easy, resting backstroke... The swimmer must indicate the ability to execute a restful, free-breathing backstroke that can be used to avoid exhaustion during swimming activity. This element of the test necessarily follows the more strenuous swimming activity to show that the swimmer is, in fact, able to use the backstroke as a relief from exertion. The change of stroke must be accomplished in deep water without any push-off or other aid. Any variation of the elementary may suffice if it clearly provides opportunity for the swimmer to rest and regain wind.
4. ...The 100 yards must be completed in one swim without stops and include at least one sharp turn... The total distance is to be covered without rest stops. The sharp turn simply demonstrates the swimmer's ability to reverse direction in deep water without assistance or push-off from side or bottom.

5. ...After completing the swim, rest by floating. This critically important component of the test evaluates the swimmer's ability to maintain in the water indefinitely even though exhausted or otherwise unable to continue swimming. Treading water or swimming in place will further tire the swimmer and are therefore unacceptable. The duration of the float test is not significant, except that it must be long enough for the test administrator to determine that swimmer is, in fact, resting and could likely continue to do so for a prolonged time. The drown proofing technique may be sufficient if clearly restful, but it is not preferred. If the test is completed except for the float requirement, the swimmer may be re-tested on the floating only (after instruction) provided that the test administrator is confident that the swimmer can initiate the float when exhausted.

Beginner Test:

"Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place." The entry and turn serve the same purpose as in the swimmer test. The swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures that the swimmer can regain a stroke if it is interrupted. The test demonstrates that the beginning swimmer is ready to learn deepwater skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point in the water.

Non-swimmer Test:

No test is required; however all are encouraged to get in the water and attempt to do the best they can. Swimming instruction will be offered at camp to encourage all scouts to advance at least one classification level by the end of the week.