

OC-5B	
Adopted	April 2005
Last Revised	May 2015
Review Date	May 2020

SWIMMING/CANOEING WATER SAFETY TEST

The swim test must be completed within the school year in which the activity is taking place. After excursion, records are filed for one year. The results of the swim test must be logged and available to the instructor/lifeguard during the excursion.

Name of Student: _____ School: _____

Knowledge/Skills Demonstrated	Date	Qualified Instructor/Lifeguard and Facility
<p>For Basic Swimming:</p> <ul style="list-style-type: none"> swim two widths continuously without touching the bottom. <p>For Outdoor Education: Swimming (lakes, ponds, rivers)</p> <ul style="list-style-type: none"> tread water for 1 minute swim 50 m continuously, no aids or stops <p>This applies to both instructional and recreational swims. In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher. Non-swimmers must be identified and wear a properly fastened Personal Flotation Device (PFD) for recreational swims.</p>	<p>_____</p> <p>_____</p> <p>_____</p>	

<p>For Canoe Water Safety:</p> <ul style="list-style-type: none"> tread water for 1 minutes swim 50 m continuously, no aids or stops rolling entry (backwards or forward) into deep water at 2.75 m. (9') minimum depth <p>In lieu of completing the swim test, students may provide proof of Bronze Medallion certification or higher.</p> <p>For students who do not pass the above swim test or who do not have the aforementioned certification please refer to OPHEA Safety Guidelines for Canoeing and Canoe Tripping.</p>	<p>_____</p> <p>_____</p> <p>_____</p>	
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Teacher/Supervisor Signature: _____ Date: _____