

Quivira Council Swimming Classification Procedure

Overview:

The swimming classification of individuals participating in BSA activities is a key element of Safe Swim Defense, Safety Afloat and the **Guide to Safe Scouting**. Swimming classifications must be renewed at least annually within the calendar year of summer camp or the activity swimming will be a part of. Traditionally the swimmer classification test has been conducted at resident camps only. There is no requirement that this be the only place. Where appropriate and safe, swimming classification tests can be conducted prior to summer camp. All persons (youth and leaders) are required to complete the swimming classification test prior to aquatics activities.

Swimmer Test – Blue Swimmer

Jump feet-first into water over your head in depth.

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, and gaining forward momentum by diving do not satisfy this requirement.

Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke.

The swimmer must perform 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 backstroke may suffice if it clearly allows the swimmer to rest and regain wind.

The 100 yards must be swum continuously and include at least one sharp turn.

The total distance is to be covered without rest stops. The sharp turn demonstrates the swimmer's ability to reverse direction in deep water without assistance or push-off from side or bottom.

After completing the swim, rest by floating.

This critically important part of the test evaluates the swimmer's ability to maintain himself 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 therefore is unacceptable. The duration of the float test is not significant, except that it must be long enough for the test administrator to determine that the swimmer is resting and likely could continue to do so for a prolonged period. Drown proofing may be sufficient if clearly restful, but it is not preferred. If the test is completed except for the floating requirement, the swimmer may be retested on the floating only (after instruction) provided that the test administrator is confident that the swimmer can initiate the float when exhausted.

The swimmer test demonstrates the minimum level of swimming ability required for safe deep-water swimming. The various components of the test evaluate the several skills essential to this minimum level of swimming ability.

Beginner Test – Red Swimmer

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 – White Swimmer

No test is required; however all are encouraged to get in the water.

Administration of swimming test options:

Complete the swimming test upon arrival at camp, OR

Complete the swimming test prior to arrival at camp:

The test must be administered by a certified person (Limited to BSA, Red Cross, or YMCA Lifeguard). The results must be reported on the official Quivira Council Form and A COPY OF THE LIFEGUARD'S CERTIFICATION CARD MUST ACCOMPANY THE SWIM TEST RECORD. Failure to follow these instructions will result in nullification of the report.

SPECIAL NOTE: When swim tests are administered away from camp the aquatics staff reserves the right to review, or retest some or all of the persons listed to assure that the safest standards have been maintained.

