Seneca Waterways Council
Summer Camps Swim Classification Information
and
Pre-Swim Check Instructions.

Summer Camp Check-in can be a long process. One way to help, is to have your Troop or Pack complete the Swim Check prior to your arrival. If your unit would like to organize a Swim check, the following must be met.

1) It must be performed by a lifeguard with a WSI certification or its equivalent (see list below of accepted course in NY)

- American Red Cross – Water Safety Instructor or Basic Swim Instructor
- Boy Scouts of America – Aquatics Instructor *(BSA Lifeguard is not authorized, unless he is an aquatics Instructor)*
- Canadian Red Cross – Water Safety Instructor
- Orchard park Recreation – Western NY Swimming Instructor/Swimming Instructor Trainer
- PADI – PADI Swimming Instructor *(Certifications must indicate specialty program training in both Stroke and Swim School)*
- Starfish Aquatics Institute -Starfish Swimming Instructor *(Certifications must indicate specialty program training in both Stroke and Swim School)*
- YMCA – YMCA Swim Lessons Instructor

2) Scouts and adults attending camp must perform either the BSA Swimmer's test or Beginner's Test as outlined on the Pre-camp Swim Check form.

3) A Copy of Certification of the Instructor must be attached to the Pre-camp Swim check form

4) Any pre-camp swim check form without a copy of certification will result in a need to re-take the swim check at camp. **No exceptions**

5) All Scouts who are taking an Aquatics Merit badge at camp must re-take the swim check at camp.

No Exceptions.

Questions regarding the Pre-camp Swim Check? Please contact camping@senecawaterways.org or call 585-241-8545

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Unit & # _____ CAMP ATTENDING_____ Camp Session #: _____
(Please Print Pack/Troop/Crew) (Please Print Camp Name)

CAMP COORDINATOR NAME: _____

CAMPERS NAME	Youth	Adult	Ability Group	Instructor

SWIMMING INSTRUCTOR NAME: _____
(Please Print Camp Name)

SWIMMING INSTRUCTOR Signature: _____

LOCATION NAME: _____ DATE OF SWIM CHECK: _____

ATTENTION

A copy of the Swimming Instructor's Certification must be attached to this form when its received at camp. If the copy of Certification is not attached all youth and adults listed must take the swim check again at camp. **NO EXCEPTIONS!**

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SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season. Traditionally, the swim classification test has only been conducted at a long-term summer camp. However, there is no restriction that this be the only place the test can be conducted. It may be more useful to conduct the swim classification prior to a unit going to summer camp. All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water (e.g., the swimmer's test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth).

ADMINISTRATION OF SWIM CLASSIFICATION TEST
(THE LOCAL COUNCIL CHOOSES ONE OF THESE OPTIONS):

OPTION A *(at camp)*: The swim classification test is completed the first day by camp aquatics personnel.

OPTION B *(Council conducted/council controlled)*: The council controls the swim classification process by predetermined dates, locations, and approved personnel to serve as test administrators. When the unit goes to summer camp, everyone will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

OPTION C (*At unit level with council-approved aquatics resource people*): The swim classification test done at a unit level should be conducted by one of the following certified Swimming or Aquatics Instructor as listed on page 1. When the unit goes to summer camp, everyone will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

TO THE TEST ADMINISTRATOR

The various components of each test evaluate the several skills essential to the minimum level of swimming ability. Each step of the test is important and should be followed as listed below:

SWIMMER'S TEST: Jump feetfirst 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; then swim 25 yards using an easy resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER'S TEST: Jump feetfirst 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.

More on next page…

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The Check Administrator must objectively evaluate the individual performance of the test, and in doing so, should keep in mind the purpose of each test.

SWIMMER'S TEST:

1) *"Jump feetfirst into water over the head in depth, level off, and begin swimming. "*
    a. 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.
2) *"Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, Trudgen, or crawl; "*
    a. 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 be 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 overarm stroke (including the back crawl) are acceptable.
3) *"then swim 25 yards using an easy resting backstroke."*
    a. The swimmer must indicate his ability to execute a restful, free-breathing back stroke, which can be used to avoid exhaustion during swimming activity. This element of the check 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 is acceptable. An overarm back crawl may suffice, if it clearly provides opportunity for the swimmer to rest and regain his wind.
4) *"The 100 yards must be swum continuously and include at least one sharp turn. "*
    a. 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.
5) *"After completing the swim, rest by floating. "*
    a. The critically important component of the check 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 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 the swimmer is in fact resting and could likely continue to do so for a prolonged period of time. Drownproofing may be sufficient if clearly restful, but is not preferred. If the test is completed except for the floating requirement, the swimmer may be re-tested on the floating only (after instruction) provided that the check administrator is confident that the swimmer can initiate the float when exhausted.

BEGINNER'S TEST:

Jump feetfirst 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's check. The Swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures that the swimmer can regain his stroke if it is interrupted.

The test demonstrates that the beginning swimmer is ready to learn deep-water skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support are less than 25 feet from any point on the water.

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