



## SWIM TEST FORM

To participate in the **Marine Biology of Coral Reefs Expedition in Belize**, you must be able to pass this swim test, observed by a certified life guard. If you choose to take the test in a life jacket, you will only be allowed in the water in Belize with a life jacket on. Print out this form and bring it to the test along with a change of clothes.

### Instructions:

1. Ask a certified Lifeguard or Water Safety Instructor at your local pool to observe you and to complete this form.
2. To pass the swim test you must be able to swim 50 yards and tread water for 10 minutes, fully clothed (long pants, shirt & socks; shoes not required).
3. Make a copy of your form for your records.
4. Upload the completed form on the UW IAP website or email to Yasi Rezai (yrezai@ceiba.org)

Full Name of Participant: \_\_\_\_\_

Name and Location of Pool: \_\_\_\_\_

Pool's Phone Number: \_\_\_\_\_

**Swim Test Certification:** (to be completed by lifeguard/water safety instructor)

- I have personally observed the participant during this swim test, and certify that the participant is able to swim 50 yards and tread water for 10 minutes.**
- The participant wore a life jacket during the test.**

Name of Lifeguard/Water Safety Instructor (please print clearly):

\_\_\_\_\_

Signature of Lifeguard/Water Safety Instructor:

\_\_\_\_\_

Date of Test: \_\_\_\_\_

*Participant: Make a copy of the completed swim test for your records.*