

C Swim Checks (optional)
Units completing swim checks before arriving at camp may use checks must be performed by a certified BSA Lifeguard within six months of arriving at camp. Please note that swimming conditions in the lake are very different from a swimming pool.

> Swimmer Test — Jump into water over your head feet first and level off. Swim 75 yards on stomach or side in a strong, forward manner. Swim 25 yards on your back and float on your back for 30 sec. Beginner Test — Jump feet first into water over your head. Level off and swim 25 feet, turn around, and return to starting point for a total of 50 feet.

Due Date At Check-in Return to Administration at Check-in

Unit Number	
Council	
Week of Camp	
Campsite	

Name	Non-swimmer	Beginner	Swimmer
		Yalian and	

Unit Leader's signature	Date	
Lifeguard signature	Certification Expiration Date	