



Swimming Proficiency Certification

*I certify that (athlete name) _____
has successfully completed the following swimming tests before me:*

- Remain afloat without assistance for five (5) minutes (tread water)
- Swim unaided for fifty (50) meters
- Place head underwater
- Put on a personal flotation device (PFD) without assistance while in the water

These tests were performed at:

Pool: _____

Date: _____

Lifeguard Name: _____

Lifeguard Signature: _____