

## RESULTS OF SWIMMING SKILLS ASSESSMENT FOR USE BY UNITS GOING TO BIRCHBARK EXPEDITIONS

This record can be used to document Swim Skills Assessments for Birchbark crews. It can not be used as a pre-camp skills assessment for any traditional Scout or Youth Camp in New York State.

You can also use Assessment Records done at council pre-camp assessments completed within 12 months of your trek.

- 1. Skills to be demonstrated for swimmer classification (Blue Swimmer).** (1) Jump into water feet first over head in depth. (2) Level off and swim 75 yards in a strong manner. (3) Swim 25 yards using an easy resting backstroke. (4) The 100 yards must be completed in one swim without stops and must include at least one sharp turn. (5) After completing the swim, rest by floating.

**Roster:**      **Name:**      **Assessment Date:**      **Result: Swimmer**

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
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6. \_\_\_\_\_.
7. \_\_\_\_\_.
8. \_\_\_\_\_.
9. \_\_\_\_\_.
10. \_\_\_\_\_.

**These assessments must be conducted by a conscientious ADULT who is familiar with the basic swimming strokes and who understands and abides by the above guidelines.**

I certify that I properly conducted the swimming skills assessments on the above listed scouts and scouters:

Name: (print) \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_