

UCSD Swim Test

Please take this form to your local swimming pool during open hours. Your test must be signed by one of the facility lifeguards. You must pass this test in order to participate in the surf trip you have enrolled for. Mail this completed form with your other Wilderness Orientation paperwork.

Lifeguard: Please administer the following test and sign below after the following individual has successfully demonstrated the skills.

Swim 200 yards continuously-any stroke
Tread Water continuously 2 minutes

Swimmer Printed Name: _____ Test Date: _____

This swimmer has successfully demonstrated the listed swimming skills.

Lifeguard (print name): _____

Signature: _____

Facility Name: _____