

# UC San Diego Outback Adventures 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, and include a phone number for verification. If available, please have the facility stamp this page. You must pass this test in order to participate in the Wilderness Orientation Surf Trip. Send a copy of this completed form to [wo@ucsd.edu](mailto:wo@ucsd.edu) to be pre-authorized to enroll for the trip.

*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 for 2 minutes**

Swimmer Printed Name: \_\_\_\_\_

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

*This swimmer has successfully demonstrated the listed swimming skills.*

Lifeguard Printed Name: \_\_\_\_\_

Lifeguard Signature: \_\_\_\_\_

Facility Name: \_\_\_\_\_

Facility Phone Number: \_\_\_\_\_

Facility Stamp: