



NORTH SUBURBAN CREW
EST. 1995

SWIM TEST CERTIFICATION

All NSC participants must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below. Participants who have not submitted a completed form must wear a life vest during all on-the-water activities.

The swim-test is comprised of the following elements:

- 100 yards of swimming, any stroke
- 10 minutes of continuous treading water

Please complete the test, obtain the required signatures, and return this signed form to your coach. You may turn in a hard copy or submit an image of the completed form to nscjuniorscoach@gmail.com.

I _____ (*name of certified lifeguard, teacher, or
American Red Cross Water Safety Instructor*) certify that

_____ (*name of NSC participant*)

has completed 100 yards of swimming and 10 minutes of treading water in my
presence.

(signature & date)