



Excellence, Integrity, Innovation, Collaboration

Competition Readiness Standard Confirmation

Swimmers Name	Date of Birth	Complete

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The Competition Swim Test, as listed below, must be completed in a continuous sequence.

1. Safe shallow water entry (sit or slip in)
2. Swim 25m of any style without stopping or resting
3. Exit the pool from deep water
4. Jump foot first into deep water and recover
5. Tread water for 30 seconds, mouth and nose above the water at all times
6. Finish by swimming 25m of any style without stopping or resting

Acknowledgement

As a registered coach with Swim Alberta, I confirm that the above-named swimmer(s) has completed the Competition Swim Test in a continuous sequence. This record of completion will be retained by the club and be submitted to Swim Alberta immediately upon request.

COACH NAME: _____ **CLUB:** _____ **DATE:** _____

COACH SIGNATURE: _____ **CERTIFICATION #:** _____