



COMPETITION READINESS – CLUB VERIFICATION

The completion and submission of this form may be requested by meet managers for competitions without time standards or time standards slower than published Swim Alberta standards.

Swimmers entering their first competition must have the ability to swim independently, with minimal supervision, during both warm-up and competition. The Competition Swim Test is an integral part of Swim Alberta's **Competition Readiness Standard**. The Competition Swim Test is an evaluation to ensure swimmers entering competition are water safe. Entry to competition is limited to participants who have passed this Competition Readiness Standard.

Competition Swim Test

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

I hereby declare that all swimmers entered in the competition listed below have successfully completed the Competition Swim Test in a continuous sequence as outlined in Swim Alberta's Competition Readiness Standard.

Competition Name: _____

Competition Date: _____

Coaches Name: _____

Coaches Signature: _____

Date: _____