

Competition Readiness Standard Confirmation

Swimmers Name	Date of Birth	Complete		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 #:				
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