Ecuador Tropical Ecology Swim Test Memo

Date: _____________

I, ________________________________, (lifeguard name), certify that I am a lifeguard at ________________________________ (swim facility name), and that I witnessed (student name): ________________________________ perform the following swim test skills:

1. Jump or dive into the deep end;
2. Swim for a length of 15 feet underwater;
3. Demonstrate rhythmic breathing (crawl stroke or breast stroke) continuously for four lengths of the pool (100 yards);
4. Tread water for two minutes;
5. Survival float face-down (taking breaths) for one minute.

Each skill was performed for the entire time/distance without stopping.

Lifeguard signature: ________________________________

Phone number of facility: ________________________________

Please return complete forms to:
Boston University Study Abroad
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