

Swimming Proficiency Certificate

This certificate attests to the swimming proficiency of the named individual. It is mandatory for participation in the following activities: sailing, windsurfing, catamaran, trimaran, cruising, optimist, wakeboarding, water skiing, kitesurfing, surfing, canyoning, rafting, whitewater activities, and canoeing-kayaking.

Note: This certificate can be completed by a certified lifeguard or swimming instructor. It can be filled out by a team leader of the club or a parent/guardian, too.

This certificate certifies that:

First Name: Last Name:

Date of Birth:

has successfully completed the following 5 tests:

1. Perform a jump into the water;
2. Achieve a back float for five seconds;
3. Perform a vertical float for five seconds;
4. Swim on the front for twenty meters;
5. Cross a lane or pass under a boat or floating object.

Date :

Signature