



Lake Merritt Boating Center Swim Evaluation Requirements

CITY OF OAKLAND
Lake Merritt Boating Center
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First time “Basic Sailing Camp” level students must take a swim evaluation before the camp starts.

**Swim coaches may sign without administration of the test for active swim team members.

** Students who have earned Merit Badges, or possess certification from Red Cross, Swim America, YMCA, or other recognized organizations may present those certifications in lieu of the evaluation. Be prepared to present them to the instructor or office the first session of class.

Swim evaluations can be performed during public hours at City of Oakland pools **with advanced scheduling**. Contact the Aquatics Unit at OPRAquatics@oaklandca.gov to schedule a time. Information on locations, times, costs, etc. is at <https://www.oaklandca.gov/services/schedule-a-swim-test>.

You may also go to any other pool of your choice which has a certified lifeguard.

Please remember to bring this form with you to the evaluation.



SWIM EVALUATION

Student’s Name _____ Camp/Class # _____ Date _____

Lifeguard/WSI Please Start With Evaluation 1

Any stroke or combination of strokes is acceptable as long as the person is progressing in distance without apparent stress.

Swim Evaluation #1: Swim 25 feet, then float or tread water for one minute.

_____ Non-swimmer _____ Weak Swimmer _____ Competent Swimmer _____ Strong Swimmer

Swim Evaluation #2: Swim for 1-minute, retrieve a flotation device, and utilize it to remain afloat for an additional minute.

_____ Non-swimmer _____ Weak Swimmer _____ Competent Swimmer _____ Strong Swimmer

Overall Water Comfort Evaluation



Holding the wall



Hesitant



Swimming

Evaluated By: _____ Lifeguard/WSI Signature _____ Red Cross Chapter _____ Exp. Date _____