

Surf Team Pool Swim Test

To Qualified Lifeguard or Certified Swim Coach, please evaluate the following student for competency in the water for clearance to join (please circle) Lincoln Middle School, John Adams Middle School (JAMS), or Santa Monica High School (samohi) surf team:

200 Yard Swim (no dog paddling, breast stroke, or side stroke)

2 minutes treading water

I certify, on this date \_\_\_\_\_ that \_\_\_\_\_ successfully completed a 200 yard swim with a competent stroke and no signs of extreme exhaustion; and can tread water comfortably for two minutes.

Coach/Lifeguard Name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Administering Pool: \_\_\_\_\_

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To Qualified Lifeguard or Certified Swim Coach, please evaluate the following student for competency in the water before joining (please circle) Lincoln Middle School, John Adams Middle School (JAMS), or Santa Monica High School (samohi) surf team:

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Administering Pool: \_\_\_\_\_