



**Swim Test Verification Form**  
(Please fill out one form per child)

OC Junior Guards requires all of its new prospective Junior Lifeguards to pass a swim test in order to help ensure the safety of the students in the ocean environment. This requirement must be fulfilled by testing with an approved Certified Swim Instructor in a regulation 25 yard pool. Please fill out the information below and submit the swim test results to OC Junior Guards no later than one week prior to the first day of the session of enrollment.

**SCAN AND EMAIL FORM TO: [swimtest@oclg.org](mailto:swimtest@oclg.org)**

Parent/Guardian Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Child's Age: \_\_\_\_\_

Session(s): \_\_\_\_\_

Swim Test Date: \_\_\_\_\_

USA Swimming Team : \_\_\_\_\_

WSI Cert # (if coach or LG) \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

I, \_\_\_\_\_, as a representative of \_\_\_\_\_, certify that the above named child was able to complete the following swim test requirements as set by OC Junior Guards:

- **100 yards swimming in 2:30 minutes or less**
- **5 minutes treading water with head above water without assistance**

Test Proctor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian Must Sign to Verify Swim Test Results)