|  |  |
| --- | --- |
| **Date** |  |
| **Location** |  |

**Instructions: All new members of clubs engaged in ongoing water based activity are required to demonstrate an adequate swimming ability to further take part in the sport**

The tests are to be administered by the club captain of each club

The swim test is comprised of:

* 100m continuous swim in light clothing appropriate to the particular sport
* and a five-minute treading water test

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ confirm that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has completed the swim tests as set out above.

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Signature of Club Captain Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Person Tested Date

**Please complete this form and send to Health and Safety Officer for Student Activity**