



London N. Breed, Mayor  
Philip A. Ginsburg, General Manager

## Deep-Water Test Form

In order for your child to enroll in some of our aquatics camps which require a level of swim ability needed to participate, they must take and pass a deep-water swim test.

The test consists of an 80-yard swim using the crawl or breaststroke and being able to tread water for one minute.

This test can be taken at any of our pools during the Recreation Swim time. The current Rec Swim schedules are available for each pool at [sfrecpark.org](http://sfrecpark.org).

Once the child passes the test, they will have this form signed off on by the lifeguard or swim instructor present at the test.

Name of Lifeguard: \_\_\_\_\_

I hereby certify that \_\_\_\_\_ (name of individual) passed  
the deep-water test at \_\_\_\_\_ swimming pool on \_\_\_\_\_ (date).

Signature of Lifeguard: \_\_\_\_\_

