



## Attestation of Swimming Ability

All adult participants in TACR programs must attest that they possess the requisite swimming skills to pass a Swim Test. A Swim Test is completed under the direction of a certified lifeguard or American Red Cross certified Water Safety Instructor.

The participant must wear any long-legged exercise pant and T-shirt and:

- Tread water or stay afloat for 5 minutes.
- Followed by putting on a life jacket while treading water (if available).
- Followed by swimming 50 yards (without the life jacket), any stroke, without touching the bottom or using any other support.

I \_\_\_\_\_ (name) attest that I possess the requisite swimming skills to pass a swim test.

---

Participant Signature

---

Date