



# COMMUNITY SAILING OF COLORADO

A 501(c)(3) Nonprofit Organization

## SWIMMING PREREQUISITES

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To enroll in Community Sailing of Colorado, Ltd's sailing program a person must be able to -

- Swim 25 yards unassisted
- Enter deep water (over the Head) and sustain himself or herself for 5 minutes unassisted while wearing normal sailing clothes (i.e. shorts, T-shirt and sneakers). (Self sustaining methods include treading water, survival floating, back floating, or a combination of the three methods.

OR

Hold a swimming certificate equivalent to the following:

- YMCA - Intermediate 2 or higher
- American Red Cross - Level V (five) or higher
- Boy Scouts - Swimming Merit Badge
- Girl Scouts
- Other organization certifications will be considered.

**Please bring a copy of the card so we can keep a copy in our file.**

*Community Sailing of Colorado, Ltd. has no facilities to test for swimming. Many community recreation centers, YMCA's and private pool clubs in the Metro area have performed swimming tests for children attending Community Sailing's programs. Please provide any of the above cards or a lifeguard's statement on the pool's letterhead. The statement should say:*

I have observed \_\_\_\_\_ swim 25 yards and tread (float or sustain) water for 5 minutes with sneakers, bathing suit and t-shirt on.

- Signature:
- Title:
- Date:
- Pool Name:
- Phone: