

SWIMMING PREREQUISITE FORM

To enroll in *Community Sailing of Colorado* 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 one of the following (**Please bring a copy of the card so we can keep copy in our file**):

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

This form must be submitted before, or on, you or your child's first day of class. Please understand for all participants' safety, *Community Sailing of Colorado* requires this form to be completed for every participant in our sailing programs.

A Water Safety Instructor, Lifeguard or Parent must sign this form for all students. A parent/guardian signature is required for all minors (students under 18).

This form certifies that I, or my minor child, _____ (Participants Printed Name)

can swim 25 yards and has done so in the presence of a certified instructor on _____ (Date)

at the _____ (Facility name & phone #).

(Parent or Student Signature)

(Lifeguard/Water Safety Instructor's Signature)

(Print Parent/Student's Name)

(Print Lifeguard/Water Safety Instructor's Name)