

BSA Swim Test Requirements

Swimmer

- Jump feet first into water over the head, level off, and begin swimming.
- Swim 75 yards in a strong manner using one or more of the following strokes: side, breast, trudgen, or crawl.
- Swim 25 yards using an easy, resting backstroke.
- The 100 yards must be completed without stops and must include at least one sharp turn (i.e., at the end of a pool or marked swim area).
- Rest by floating for one minute, or long enough to demonstrate ability to rest when exhausted.
- An individual who attempts this test and completes at least the requirements of the Beginner level (below), but not all of the requirements of the Swimmer level, is considered a Beginner.

Beginner

- Jump feet first into water over the head, level off, and begin swimming.
- Swim 25 feet on the surface.
- Stop, turn, and resume swimming back to the starting place.

Non-Swimmer

- Did not complete all requirements of either of the swimming tests.