

# VICTORIAN SAILING SCHOOL

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'A Campus of Newcomb Secondary College'

## SWIM TEST

STUDENT NAME or ATTACH CLASS LIST: \_\_\_\_\_

*This is to be done prior to participation in any water activity at the VSS. The teacher conducting the test must complete the form.*

1. Remain afloat in deep water with buoyancy vest or PFD for 10 minutes. \_\_\_\_\_

2. Swim 100 meters with a PFD fitted immediately after No. 1

Time:  appropriate line within 2 minutes \_\_\_\_\_

within 4 minutes \_\_\_\_\_

over 4 minutes \_\_\_\_\_

TEACHER'S SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_