



CITY OF OAKLAND
 Lake Merritt Boating Center
 568 Bellevue Ave.
 Oakland, CA 94610
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Lake Merritt Boating Center Swim Evaluation Requirements

First time “Basic Sailing” level students must take a swim evaluation prior to the first session of class.

**Swim coaches may sign without administration of the test for active swim team members.

** Students who have earned Merit Badges, or possess certification from Red Cross, Swim America, YMCA, or other recognized organizations may present those certifications in lieu of the evaluation. Be prepared to present them to the instructor or office the first session of class.

Swim Evaluations can be performed during public hours at **Lions Pool** (Dimond Park) 3860 Hanly Road (510) 482-7852, **Temescal Pool** (adjacent to Oakland Tech. High) 371 45th Street (510) 597-5013, **OR** at any pool of your choice which has a certified Lifeguard.

Please remember to bring this form with you to the evaluation.



SWIM EVALUATION

Student’s Name _____ Camp/Class # _____ Date _____

Lifeguard/WSI Please Start With Evaluation 1

Any stroke or combination of strokes is acceptable as long as the person is progressing in distance without apparent stress.

Swim Evaluation #1: Swim 25 feet, then float or tread water for one minute.

____ Non-swimmer ____ Weak Swimmer ____ Competent Swimmer ____ Strong Swimmer

Swim Evaluation #2: Swim for 1-minute, retrieve a flotation device, and utilize it to remain afloat for an additional minute.

____ Non-swimmer ____ Weak Swimmer ____ Competent Swimmer ____ Strong Swimmer

Overall Water Comfort Evaluation



Holding the wall



Hesitant



Swimming

Evaluated By: _____
 Lifeguard/WSI Signature

 Red Cross Chapter

 Exp. Date