

OPHEA Guidelines RECOMMENDED SWIM TEST Check List

Please bring this filled out to Bark Lake when you arrive with your group

Name	Swim 100m with no PFD	Tread water for 3mins	Put on PFD in the water	Help Huddle position	Swim with PFD - 25m	Pass
1.						
2.						
3.						
4.						
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21.						
22.						
23.						
24.						
25.						

Qualified Instructor or Lifeguard on Duty

Card #

Instructor/Lifeguard Signature

Date

Aquatic Facility: _____

School/Group: _____