

SWIMMING PREREQUISITE FORM

To enroll in Community Sailing of Colorado, LTD's 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) your child's first day of class. Please understand for you (adult sailor) or your child's safety, Community Sailing of Colorado requires this form to be completed for every participant in our program.

A Water Safety Instructor must sign the form for all students and 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)