



POINT OF PITTSBURGH
SAILING LEAGUE

A new Pittsburgh-based sailing program offered by area sailors

SWIMMING REQUIREMENT

All program participants must pass the following swim-test and have a certified Lifeguard or American Red Cross Water Safety Instructor attest to completion of this test by signing the form below.

The swim test is comprised of the following elements:

- 50 yards continuous swim, any stroke
- Two-minute continuous tread water
- Put on a life-jacket and secure it while treading water
- Scissors kick for five seconds with hands on pool edge and feet near the surface

This form must be submitted as part of your PPSL record when completed.

RETURN COMPLETED & SIGNED FORM TO: Point

of Pittsburgh Sailing League

PO Box 24526 | Pittsburgh PA 15234

CERTIFICATION

I, _____ certify that _____
(Print Guard or Instructor's Name) (Print PPSL Participant Name)

has completed 50 yards of continuous swimming, followed by 2 minutes of treading water while wearing sweats, and then put on a life jacket while in the water and secured it following the two minutes of treading water.

This test of swimming ability was given at _____ on _____
(Location) (Date)

I am currently certified as a lifeguard or American Red Cross Water Safety Instructor. My certification expires on _____.
(Date)

Signature of Guard or Instructor

Signature of PPSL Participant or Guardian (if under 18 yrs)