

BSA Swimmer's Test

Camp Frontier's Guide to The BSA Swimmer's Test



Reasons to Take the Test

The Swimmer's Test is optional.

You do NOT have to take the test.

So, why take the test?

At Camp Frontier we have awesome aquatic merit badges like swimming, canoeing, kayaking, lifesaving, sailing, and plenty more! You must pass the BSA Swimmer's Test before taking any aquatics merit badge.

You will complete a First Class rank advancement upon passing the Swimmer's Test.

When you pass the test you'll be able to swim in deep water at the pool and lakefront, use the diving board, launch from the BLOB, and use the many other aquatic toys at our Amazing Lakefront!



Feeling Nervous?

When you arrive at Camp Frontier one of the first things you get to do is swim in our refreshing pool. Every week our lifeguards help hundreds of Scouts successfully take the BSA Swimmers Test. Scouts with varying levels of experience, and from many different backgrounds, pass this test every week.

We understand that taking the Swimmer's Test can make someone nervous. Here at Camp Frontier we have two goals for you when you take the Swimmer's Test: 1.) we want you to be safe and comfortable; and, 2.) of course we want you to pass! We want to see YOU having *FUN* in aquatics.

If you're feeling a little nervous, we understand. To help you overcome those "Swimmer's Test Jitters" we have tips for you on the following page.

"Always remember to take your time!"

-Lyndsey McCann, 2013 Waterfront Director



Working your way up to the Swimmer's Test!

These are the BSA National definitions of each test. When a Scout takes the **Swimmer's Test** he must jump feet-first into water over the head in depth, level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating. If that seems scary to you, you can always try the **Beginner's Test** where you jump feet-first into water over the head in depth, level off, and swim 25 feet on the surface. Then stop, turn sharply, resume swimming and return to the starting place. If you want to start in shallow water you can take the **Learner's Test** where you get in at the shallow end (only 3 feet!) and walk from one end to the other and back again! It's okay to start with the test you feel comfortable taking and work your way up to the swimmer's test.

Need some Help?

"What if I don't pass the first time I take the test?"

If you don't pass the Swimmer's test the first time around that's completely okay! Camp Frontier conducts swimming lessons at our pool every day at 3:00 PM. When you feel ready to take the test again you can take it from 3:00-5:00 any day at the pool or during Polar Bear swims in the morning. Our lifeguards are here to help you through the entire process. Keep trying: you *will* pass your Swimmer's Test!

10 Training Tips from Your Lifeguards

Find time to swim in a pool before camp starts. Follow these tips:

1. Jump in water over your head. This is the first step of the test. Practicing this step will make you much more comfortable when you take the test.
2. Work on stamina. Try swimming a little longer each time you practice.
3. Go slow, it's not a race
4. Swim with others in the pool. Get used to swimming with others in the pool near you.
5. Learn each stroke. Forward strokes are breaststroke, sidestroke, and freestyle. You must also do the elementary backstroke.
6. Practice changing strokes while you swim. This will help you overcome fatigue as you swim.
7. Don't doggie paddle, your forward strokes must be recognizable as one of the three acceptable forward strokes!
8. Flip turns are cool, but not for this test!
9. Goggles are permitted, but you must bring your own.
10. Take a deep breath before you go in, and be ready for the refreshing water of Camp Frontier.

