

Lawrence University Aquatic Skills Test

Students who wish to participate in a club or intramural activity that will take place in or on water must display proficiency in all of the following criteria. These skills MUST be demonstrated PRIOR to participation. Completion of this basic skills test will ensure that individuals will be able to operate safely in an aquatic environment. Once the participants have completed the skills test, it will be valid for the remainder of their time as a student at Lawrence University.

Basic Skills:

All skills must be demonstrated while wearing t-shirt and shorts

Participant must demonstrate the ability to tread water for five minutes

Participant must demonstrate the ability to float on their back

Participant must demonstrate the ability to swim 50 yards continuously without stopping

Kayak Specific Skills:

- Wet Exit

Date: _____

Student Name: _____

Student LU ID: _____

The above student has satisfactorily completed the Lawrence University swimming skills test.

I declare that I am a certified lifeguard/swim instructor as of the date the swimming test was completed and can provide such documentation if called upon to do so.

Location of the test: _____

Print name: _____ Signature: _____

The above student has satisfactorily completed the Lawrence University kayak specific skills test.

Signature: _____