



**SailMaine**  
www.sailmaine.org

## Junior Program Swim Test

**Who:** To complete the junior program Swim Test, all participants (once per summer, even if they have attended the junior program in prior years) must demonstrate swimming ability and tolerance of cold water in conditions at least as strenuous as a class experience.

**Why:** The goal of the swim test is to see how the participants respond to cold water and follow directions while swimming in Casco Bay. This allows the instructors to assess the sailor's manual dexterity and ability to follow directions in a tough environment (while tired and cold).

**Where:** We do the swim test in the ocean, right off our dock.

**When:** On the first day of each session

**How:** The Instructors will ask the following:

- 1) Take off PFD
- 2) Jump or slide into the water and swim 25 yards (approximately the length of our 420 docks)
- 3) Tread water for 2-3 minutes.
- 4) Instructors will toss each kid a PFD which they will put on while in the water. Sailors do not need to know how to put on a PFD in the water before attending; this will be explained on the first day.

### Other questions:

1. *What should the sailors wear?* They are welcome to wear bathing suits or regular sailing clothes (usually shorts and a T-shirt). We do not have a large changing area so please have your child wear his or her suit under their clothes.
2. *Are wetsuits allowed for the swim test?* Wetsuits are only allowed if the sailor is planning to sail in a wetsuit for the whole session, usually for medical reasons—the idea is that the test is given in conditions at least as difficult (no PFD) as those present during an accidental capsized.
3. *Why do the sailors put their PFD on while in the water?* The instructor will guide each kid through the process of putting on a lifejacket to evaluate the sailors on their listening skills while swimming as well as their ability to take directions while under pressure.
4. *What happens if my child is unable to complete the swim test?* The instructors are always willing to work with the child privately and some even hop in the water with them! They are also welcome to try the test a few days in a row. Unfortunately, some kids are just not ready and therefore a full refund will be granted in the case of a failed test.