

Swim Ability and Swim Comfort Assessment Questionnaire Form



Prior to participation in water activities, teachers must be aware of all students' swim ability and swim comfort. The sample questionnaire is a tool that must be used by the teacher when gathering information from the parent/guardian about a student's swim ability, swim experience, and comfort in various bodies of water in which the activity takes place (e.g., pools/ponds/lakes and rivers). The tool is meant to be used in curricular, intramural and interschool settings.

Student name:

Date of completion of assessment:

Swim ability (certifications acquired)

Check all applicable boxes

Has the student participated in a certified swim instruction program (e.g., swimming lessons at a municipal pool, formal swim instruction with a qualified Aquatic Instructor)?

- ☐ Yes
 - If yes, location of Swim instruction:
- ☐ No
- ☐ Pool
- ☐ Pond/lake/river

Certified swim programs and/or certifications

Check all applicable boxes and add detailed information.

- ☐ Certification (for example, Bronze Star, Bronze Medallion)

Detailed information on Certification(s) (for example, Bronze Star, Bronze Medallion):

Limestone District School Board

The Limestone District School Board is situated on the traditional territories of the Anishinaabek and Haudenosaunee.

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- Swim program (for example, Swimmer 1, Swim Kids 1, etc.)
 - Detailed information of swim program(s) (for example, Swimmer 1, Swim Kids 1, etc.):

- None

Provider

- Recognized swim organization (for example, Lifesaving Society, YMCA, etc.)
- Other:
Please provide information:

Swim comfort (experience)

Check all applicable boxes

Pool environment (for example, backyard, municipal, YMCA)

a. Type of experience

- None (for example, has never been in a pool)
- Some/limited (for example, infrequently and only in shallow end, playing/splashing/wading)
- Experienced (for example, frequently and in deep end, treading water, swimming without assistance)

b. Comfort level

- Uncomfortable (for example, the student can hold on to the wall, let go for brief periods of time)
- Some/limited comfort (for example, the student can swim without fear when close to the wall or with others)

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- ☐ Moderate comfort (for example, the student can enter the water without fear, when water is calm, and when with others)
- ☐ Confident (for example, the student can enter and swim without fear anytime, submerge, tread water and swim with ease)
- ☐ I don't know

Pond, Lake, or River Environment

c. Type of experience

- ☐ None (for example, the student has never been in a pond, lake, or river)
- ☐ Some/limited (for example, the student stays near shore or beach, in shallow water waist level or less, splashing/wading)
- ☐ Experienced (for example, the student can move away from shore, swim in deep water above shoulders: tread water, swim without assistance, jump/dive and swim to shore)

d. Comfort level

- ☐ Uncomfortable (for example, the student is only comfortable when wearing a Personal Floatation Device (PFD) or lifejacket)
- ☐ Some/limited comfort (for example, the student stays close to a dock, holds on to the dock/raft, can let go for brief periods of time)
- ☐ Moderate comfort (for example, the student can enter the water and swim without fear when close to a dock/raft, or when supervised or when swimming with others)
- ☐ Confident (for example, the student can enter water and swim without fear anytime, submerge, tread water and swim with ease)
- ☐ I don't know

Additional Skills and/or Certifications for Pond, Lake, or River

Check all applicable boxes and add detailed information.

Paddling skills:

- ☐ Has the student participated in a paddling activity (for example, Canoeing, Kayaking, Stand Up Paddle Boarding)
- ☐ Yes
- ☐ No

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- Certifications earned (for example, Ontario Recreational Canoeing and Kayaking Association (ORCKA) Level 1 - 4, Paddle Canada Basic Lake Skills)

Detailed information on Certification(s) earned:

- First Aid (for example, Emergency First Aid, Standard First Aid, CPR-C)

Detailed information of First Aid:

- Other

Please provide other information:

Other

List any additional information that the teacher should know about the student's swim ability, swim comfort, and experience in, on or around water.

Parent/Guardian Signature: _____

Date: _____

Student's Signature: _____

Date: _____