

CORNHUSKER COUNCIL BOY SCOUTS OF AMERICA.

*For full program details and to find out everything new happening at Camp Cornhusker, please check out the 2022 Scouts, BSA Program Guide as well as the Camp Cornhusker page of the Cornhusker Council website**

Unit Swim Certification Record is included in this guide for your convenience



2022 Scouts, BSA Leader Guide



CAMP CORNHUSKER

www.cornhuskercouncil.org/camping/camp-cornhusker/

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Hi Scouters!

We are excited to present to you our summer 2022 Leader's Guide. In our guide you will find our daily schedule and other important information to prepare you for camping with us in 2022! Merit Badge schedule will be available prior to Merit Badge registration February 1st of 2022.

Camp Cornhusker has been the Cornhusker Council's camp since 1956. We have a fantastic first year camper program to help your Scouts achieve the rank of First Class. We also offer a wide selection of merit badges to your Scouts from Camping to Robotics and Kayaking to Communications. For those Scouts who have done it all and need some high adventure in their own backyard, we have the opportunity to provide an ATV Safety course, C.O.P.E., and and Cornhusker's Sharp Shooters program.

Don't forget about our Scouter Retention program – Mountain Man! We encourage all of your returning Scouts and Scout Leaders to sign-up and participate in the Frontiersman, Voyager, and Mountain Man Programs which allows all to experience a day in the life of a true Mountain Man.

Other fun activities to Camp Cornhusker this summer include:

- 1. Cornhusker Carnival
- 2. Pioneer Hike and Explorer Scavenger Hunt
- 3. Water Carnival with a Greased Watermelon Contest
 - 4. Carpetball Tournament
 - 5. Dutch Oven Cook-off at Rendezvous
 - 6. Capture the Flag

AND much much more!

Make sure to check out the Program Guide for more details on these activities.

We are thrilled for the upcoming summer and cannot wait to have you join us! Please feel free to reach out to me at any time for anything!

Yours in Scouting,

Sammi Lowery
Camp Director
402-770-4327 (call or text)
campcornhuskerbsa@gmail.com



Camp Fees

Registration closes Fri 06-03-2022 11:59 PM

Registration may be changed until Fri 06-03-2022 11:59 PM

Attendees may be added until Fri 06-03-2022 11:59 PM

Must be paid in full by early discount date to receive that price.

Late Fee will be charged if not paid in full by late fee date.

| Youth Participant (Y | outh) | Paymen |
|----------------------|-------|--------|
| | | |

Early Discount Price: \$ 325.00 (Thu 03-31-2022 11:59 PM)

Regular Price: \$375.00

Late Fee: \$ 405.00 (Tue 05-24-2022 12:00 AM)

| Paymen | t Sched | lule |
|--------|---------|------|
|--------|---------|------|

Payment Amount **Due Date** 01-07-2022 09:00 AM Deposit \$75.00 Early Bird \$250.00 03-28-2022 11:59 PM Regular Price \$50.00 03-31-2022 11:59 PM

Adult Participant (Adult) **Payment Schedule**

Payment Amount **Due Date** Deposit 01-07-2022 09:00 AM \$50.00 Regular Price: \$190.00 Final payment

\$140.00 05-10-2022 11:59 PM

due

Youth Provisional (Youth)

Early Discount Price: \$ 325.00 (Thu 03-31-2022 11:59 PM)

Regular Price: \$375.00

Late Fee: \$ 405.00 (Tue 05-24-2022 12:00 AM)

Payment Schedule

Payment Amount **Due Date** 01-07-2022 09:00 AM Deposit \$75.00 Early Bird 03-30-2022 11:59 PM \$250.00 Regular Price \$50.00 03-31-2022 11:59 PM

Cancellation Policy

The \$75.00 per participant reservation fee is non-refundable.

You will lose the \$75.00 non-refundable deposit for each participant deducted from your reservation.

30 days or more before day 1 of your scheduled week; 100% of payments to date, less \$75 per person deposit, is refundable.

From 16-29 days before day 1 of your scheduled week; 50% of payments to date, less \$75 per person deposit, is refundable.

Less than 15 days before day 1 of your scheduled week; no refund is available unless there has been a medical emergency.

All requests for refunds must be in writing to the Scout Executive, Cornhusker Council, BSA, 600 S 120th St, P.

O. Box 269, Walton, NE 68461-0269. The postmark determines the date of a request for refunds

Early Check-In

Once again in 2022 we will be offering Early Check-In. Everyone who is registered AND paid in full by April 2022 will receive a FREE Camp Cornhusker t-shirt. The Early Check-In will be held at the Council Service Center between May 31st-June 1st, 2022. This will be your opportunity to get your check-in for camp out of the way. Bring your completed medical forms and pre-camp swim check with you, settle any last money issues and speed through the lines at camp. You will be ushered straight to your campsite following a quick check to modify and review any registration or missing medical forms.



Meet your Camp Administration

Camp Director

I am Samantha (Sammi) Lowery, Camp Cornhusker's Camp Director. I worked at Cornhusker the summers of 2008 through 2012 in various positions from C.O.P.E. Instructor to Webelos Camp Director. I am a Brotherhood member of the Order of the Arrow and have gone through Wood Badge as a proud Antelope! This will be my fifth summer returning to Cornhusker and I am glad to be home!

I am a science teacher at Lincoln Southeast High School where I teach biology, chemistry and forensic science. I am also a volunteer assistant softball coach at Lincoln East. I live in Lincoln, Nebraska with my husband, Stephen Lowery, our sons, Tommy and Charlie, and our puppy Murphy. I am excited for the opportunity to be back at Camp Cornhusker and look forward to working with all of you!

This summer will be another fantastic camping season. Please note that this packet contains all of the overall house keeping details for summer 2022. The Leader's Guide contains scheduling and important camp information. All program details are to be found in the Program Guide.

Program Director

Welcome to Camp Cornhusker! My name is Thomas Bucks and this is my fifth year as Program Director at Camp Cornhusker! This will be my fourteenth summer on camp staff, and I have had the privilege to work at camps in both North Carolina and Alaska. Even with all of my travels, I have found that Cornhusker is now home. I am an Eagle Scout and a Brotherhood member of the Order of the Arrow.

I graduated from the University of South Carolina with a Bachelor's in Education and I currently teach history at Lake City High School in Lake City, South Carolina. My ultimate goal is to ensure that you and your scouts have an absolute blast this summer! With all that being said, I look forward to seeing you at camp this summer!

Head Commissioner

Our Commissioner will be a great connection between the Troops and the Camp Administration.



The Summer Camp Experience

Here at Camp Cornhusker, we pride ourselves on the exceptional quality in which we provide the Scouting program to each and every person that attends our camp. Going to summer camp is something that is a unique and life changing opportunity, and we hope that the experiences at Camp Cornhusker are something that will stay with them for the rest of their lives.

We continue to strive to bring you the very best in outdoor program. We are working fervently to incorporate as much as we can into your camp experience. Simply put, we want to provide you and your unit with an unparalleled experience for an unbeatable value.

BSA Mission Statement

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

Camp Accreditation

Camp Cornhusker is accredited each summer as part of the National Camp Accreditation Program. This means that the camp has met strict guidelines in health, safety, and programming. We are prepared for emergencies and understand that Scouts and Scouters are trusted in our care.

Pre-Camp Information Sessions

We have worked hard to make sure that Cornhusker 2022 is the best year of summer camp yet! With that being said, we want to answer any and all questions that leaders, parents and Scouts may have leading up to camp! Let us know if we can schedule a time where a Council or Camp Staff member can come to your Troop to host a Q&A session. Our Program Director is available via Zoom or phone call!

| | CAMP CORNHUSKER 2022 SCHEDULE | | |
|------------|-------------------------------|---------------|---------------|
| | | Starting | Ending |
| | STAFF WEEK | June 5, 2022 | June 11, 2022 |
| | SCOUTS, BSA WEEK 1 | June 12, 2022 | June 18, 2022 |
| OUT MA | SCOUTS, BSA WEEK 2 | June 19, 2022 | June 25, 2022 |
| SCOUT ME W | SCOUTS, BSA WEEK 3 | June 26, 2022 | July 2, 2022 |
| | | | |

7 | Page Basic Daily Schedule

| 7:15 AM | Assembly and KP Call |
|---------------------|-------------------------------------|
| 7:20 AM | Flag Ceremony – Flag is Raised |
| 7:30 AM | Breakfast |
| 9:00 AM - 10:15 AM | Merit Badge Session 1 |
| 10:30 AM - 11:45 AM | Merit Badge Session 2 |
| 12:00 PM- 1:00 PM | Lunch in Campsites |
| 1:15 PM- 2:30 PM | Merit Badge Session 3 |
| 2:45 PM- 4:00 PM | Merit Badge Session 4 |
| 4:15 PM – 5:30 PM | Open Areas |
| 6:00 PM | Assembly and KP Call (not Thursday) |
| 6:10 PM | Flag Ceremony – Flag is Lowered |
| 6:15 PM- 7:00 PM | Dinner |
| 7:15 PM- 9:00 PM | Open Areas/ Evening Activity |



| Time | Sunday | Monday | Tuesday |
|---------------------|---|--|---|
| 6:00 AM | **This schedule is tentative and subject to change based on weather, participation, and program factors** | Penguin Club Mile Swim | Penguin Club Mile Swim |
| 7:15 AM | | Assembly and KP Call | Assembly and KP Call |
| 7:20 AM | | Flag Ceremony | Flag Ceremony |
| 7:30 AM | | Breakfast | Breakfast |
| 9:00 AM – 10:15 AM | | Program Session 1 | Program Session 1 |
| 10:30 AM – 11:45 AM | | Program Session 2 | Program Session 2 |
| 12:00 PM – 1:00 PM | | Lunch in Campsites | Lunch in Campsites |
| 1:15 PM – 2:30 PM | 12:30 PM to 3:30 PM Scheduled Check- | Program Session 3 Leader's Meeting | Program Session 3 Leader's Meeting |
| 2:45 PM – 4:00 PM | In/Swim Check | Program Session 4 | Program Session 4 |
| 4:15 PM – 5:30 PM | 4:30 PM Leader's Meeting | Open Pool, Open Shotgun and Archery, Capture the Flag, Adult Leader Trainings (Leave no Trace) | Open Lake, Open Rifle and Archery, Open Handicraft, Carpetball Tournament Adult Leader Trainings (Safet Afloat/Safe Swim and Defense) |
| 6:00 PM | Assembly and KP Call | Assembly and KP Call | Assembly and KP Call |
| 6:10 PM | Flag Ceremony | Flag Ceremony | Flag Ceremony |
| 6:15 PM | Dinner | Dinner | Dinner/Adult Leader Dinner |
| 7:15 PM – 9:00 PM | 7:00 PM Shooting Sports Safety Class, IOLS Welcome 9:00 PM Opening Campfire | 7:30 PM Water Carnival | Pioneer Hike, Explorer Scavenger Hunt- will take a sack dinner 7:30 PM Chapel 8:00 PM Trivia Night |
| 11:00 PM | Lights Out | Lights Out | Lights Out |
| Time | Sunday | Monday | Tuesday |

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|---|--|---|--|
| Wednesday | Thursday | Friday | Saturday |
| Penguin Club Mile Swim | Penguin Club Mile Swim | Penguin Club Mile Swim | |
| Assembly and KP Call | Assembly and KP Call | Assembly and KP Call | Assembly Call |
| Flag Ceremony | Flag Ceremony | Flag Ceremony | Flag Ceremony |
| Breakfast | Breakfast | Breakfast | Breakfast |
| Program Session 1 | Program Session 1 | Merit Badge Wrap Up | Check-Out |
| Program Session 2 | Program Session 2 | 1 | **This schedule is |
| Lunch in Campsites | Lunch in Campsites | Lunch in Campsites | tentative and subject to change based on |
| Program Session 3 Leader's Meeting | Program Session 3 Leader's Meeting | 1:15-3:45pm Troop Time, Open Pool | weather, participation, and program factors** |
| Program Session 4 | Program Session 4 | 1 | |
| Open Rifle and Archery, Open Pool Adult Leader | Cook in Campsite | Banana Relay 4:30pm | |
| Training (Nap on Safely) | | | **Camp Wide Games Area is open during Trading Post Hours** |
| Assembly and KP Call | | Assembly and KP Call | Trading Fost Hours |
| Flag Ceremony | 1 | Flag Ceremony | **Check out equipment |
| Dinner | | Dinner | from the Trading Post** |
| 7:30 PM Mountain Man Rendezvous | 8:00 PM Troops Assemble in their Campsites | 8:30 PM Closing Campfire and Court of Honor | |
| Dutch Oven Cook-off at Rendezvous | 8:30 PM Order of the Arrow Callout | | |
| Lights out | Lights Out | Lights Out | |
| Wednesday | Thursday | Friday | Saturday |

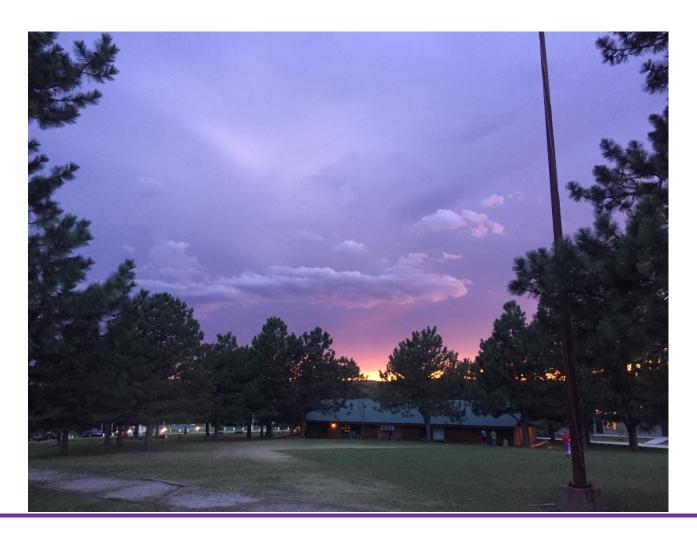
^{***} Please Note that the Full Merit Badge Schedule will be released prior to the February 1st opening for Merit Badge Registration. The full list of Merit Badge offered can be found in the 2022 Program Guide.

Camp Cornhusker Check-In Process

- 1. <u>Check-In Time:</u> We will be doing assigned check-in times between 12:30pm and 3:30pm. These will be communicated to you closer to the start of camp.
- 2. <u>Camp Office:</u> A temporary office will be set up in the Korff Building on check-in day. The Camp Director and Health Officer need these items from the Unit Leader:
 - a. Unit Roster
 - b. All receipts for camp fees paid at the Council Service Center
 - c. Money or check to compete any fee payments due
 - d. Out of Council Units Tour Plan and Proof of Accident Insurance
- 3. <u>Medical Check:</u> All medical forms will be collect at this time by the Camp Health Officer (if not turned in at Early Bird Check-In in May). All medications need to be locked up in a lock box in the Unit's trailer. Leaders will be responsible for the distribution of their units' medications, not the Camp Health Officer.
- 4. <u>Campsite:</u> Once the Unit has completed the initial check-in process, campers should go to their campsite, unload gear, grab their swimwear. They will change into their swimwear wear at the Pool. Next, go to the Dining Hall. Each Scout and Adult Leader needs to wear swim wear and shoes.
- 5. **<u>Dining Hall Orientation:</u>** All campers must attend this brief overview of the Dining Hall procedures. The orientation is in the Dining Hall on a continuing basis until 4:30 PM.
- 6. **Swim Check:** Immediately following the Dining Hall orientation, your Unit should report to the pool for the standard BSA swim check. The swim check is administered by a certified BSA Lifeguard. Swim checks completed prior to camp need to have the form presented to the aquatics staff so they can make your appropriate buddy tag. *The Aquatics Director retains the right to retest any swimmer if he/she feels it is necessary.*
- 7. <u>Campsite Set-Up:</u> Following swim checks and a tour of camp, your Unit will return to your campsite to finish getting settled.
- 8. <u>Leader Meeting:</u> One leader from each Unit is REQUIRED to attend this meeting to discuss camp policies and procedures. The meeting begins promptly at **4:30 PM** in the Korff Building.
- 9. Flag Ceremony: The entire camp assembles for flag retreat at 6:00 PM. All Scouts should be in uniform. Be sure to have your entire Unit on the Parade Grounds before 6:10 PM (the flag ceremony starts at 6:15 PM).
- 10. **Dinner:** Begins immediately following the flag ceremony at 6:15 PM.

Camp Cornhusker House Keeping Items

- 1. Smoking, Electronic Cigarettes, and Smoke-less tobacco must be done behind the Dining Hall
- 2. Unit Leader Lounge WiFi Password: cccoffee
- 3. Upper Korff bathroom are for adults and staff only.
- 4. Flag and Grace, and Bathroom Cleaning Sign-up completed at first Adult Leader Meeting.
- 5. All cars should be parked in the North lot, facing the road.
- 6. Solar lights are used to identify the Unit Leader in each campsite, these will be provided.
- 7. No riding in the bed of trucks or trailers.
- 8. Mail can be found in the main office sorted by campsite.
- 9. Visitor Meals are \$8.00, tickets can be purchased at the Trading Post.
- 10. Family Night on Friday starts at 4:00pm.



Camp Equipment and What to Bring to Camp

Need to Have:

- Scout Uniform
- Clothing for 7 days and 6 nights including: underwear, socks, shirts, long pants, shorts, sweater/jacket, swim trunks, appropriate shoes
- Bring an extra pair of old beat up shoes for messy kicking around camp
- Toilet kit including: washcloths, towels, comb, toothpaste, toothbrush, soap, deodorant
- Insect repellent
- Sleeping bag or blankets and pillow
- Cot or ground cloth
- Rain gear or poncho
- Canteen or water bottle
- Wallet and money
- Scout Handbook
- Merit Badge pamphlets
- Pen, pencil and notebook
- Current medical form
- Flashlight and extra batteries
- Two garbage bags
- Camera if taking Photography Merit Badge

Trail to First Class Participants and Adults Attending IOLS Need:

- Compass
- Pocket Knife
- Watch
- Metal Mess kit (Plate, Cup, Knife, Fork and Spoon)
- Rope

Frontiersman, Voyagers, and Mountain Men Need:

- Separate pack to hold clothing and personal kit for 3 nights (5 nights for Voyager and Mountain Men)
- Sleeping Bag
- Ground Cloth
- Canteen/Water Bottle
- Box of Matches
- Rain Gear
- Personal Mess Kit (including utensils for eating)
- Roll of Toilet Paper (in zip lock bag)
- Altoids tin or similar tin container for making Char Cloth
- Basic Pocket Knife & Totin' Chit

Label all clothing and equipment with Scouts name and Troop number.

Unit Equipment

Enough tentage for all Scouts.

All equipment necessary for cooking both for the Dutch Oven Cook Off and the cooking in campsite for Thursday dinner.

Campsite Equipment

Each unit's campsite includes a flag pole, fire pit, carport style shelter and access to drinking water.





Camp Cornhusker Emergency Procedures

In the event of an actual emergency, the following procedures will be enforced: The Camp Director is in charge of all Emergency Action. In the event the Camp Director is no available, his/her designee is in charge.

- 1. Lightning PROCEDURE Outdoor activities will be postponed if thunderstorms are imminent. Do not take shelter in small sheds, campsite shelters, or under isolated trees. If caught outdoors, find a low spot away from trees, flag poles, telephone poles and power lines. Make sure the place you pick is not subject to flooding. If you are in the woods, take shelter under the shorter trees. If you feel your skin tingle or your hair stand on end: squat low to the ground on the balls of your feet, place your hands over your ears and your head between your knees, make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie down. If you are boating or swimming, get to land and follow the guidelines above. The person in charge will give an all clear when the threat has passed. HOW FAR AWAY IS THE THUNDERSTORM? Count the number of seconds between a flash of lightning and the next clap of thunder. Divide this number by 5 to determine the distance of the lightning in miles.
- 2. TORNADO/WINDSTORM/SEVERE WEATHER AUDIO SIGNAL Continuous blowing of the camp siren PROCEDURE Camp management will regularly inform Camp Leaders of Watches issued in the area. Method of this communication will vary based on the time of day. During exploration tour of camp, each unit will be instructed on the location of the Safe Room and access procedures, in addition to the designated Low Lying Area for their site Scout leaders are instructed to brief their scouts on how to prepare for this type of emergency upon arrival at camp. During Monday program sessions, scouts will be instructed by the counselors on where the designated location of the Safe Room is and accessing procedures. When there is an actual warning, the siren will sound a continuous blow. When this is heard all campers will move to the safe room. Camper and personnel entering from the main road and Indian campsites should enter via the North Doors, campers/personnel coming from the Aquatics and Outdoor Skills areas as well as Animal Campsites should enter from the South Doors. If it is impossible to move to the Safe Room persons should move to low areas away from trees. Lie flat in a nearby ditch or depression, cover your head with your hands and sleeping bag if possible. Be aware of flying debris. After all danger has passed, a Staff member will be dispatched to work with unit leaders to make sure everyone is accounted for. Do not leave your designated low area until you are notified by Staff.
- 3. FIRE AUDIO SIGNAL Continuous ringing of the camp bell PROCEDURE – When the bell is heard, all campers are to report to the flag pole located on the parade grounds on the west side of the Dining Hall. Scoutmasters will take a roll call. They will report to the person in charge. In the event the fire is confined to a campsite, follow the fireguard plan immediately and inform the camp staff. Good fire practices will eliminate this problem.
- 4. **EXTREME HEAT** PROCEDURE In the event the temperature and/or humidity reaches an extreme level that may endanger health, all events will be discontinued until further notice. The person in charge will determine if the emergency exists. Campers will be expected to rest during this period. The pool will be open on a limited basis to cool off in. The all clear signal will come from the person in charge.
- 5. MAJOR HEALTH EMERGENCY PROCEDURE All accidents and illness must be reported to the person in charge or the Health Officer immediately. In the event the victim cannot be moved, send someone to find help immediately and locate the person in charge or the Health Officer. The Camp Director is the only spokesman in this event. The person in charge or Health Officer decides if an accident or illness will require hospital treatment.

Camp Cornhusker Emergency Procedures (Continued)

- 6. **FLOOD, EARTHQUAKES & CHEMICAL SPILLS** PROCEDURE All campers will report to the Dining Hall area when the camp staff sounds the warning. Roll call will be taken. After everyone is accounted for the person in charge will direct procedures or evacuation to a safer area.
- 7. **MISSING PERSON** PROCEDURE All available camp staff and adult leadership will be assembled at the Camp Office. The person in charge will institute search procedures. After a reasonable length of time has passed and the missing person(s) still has not been found, the person in charge will notify the proper authorities.
- 8. CHILD ABUSE PROCEDURE Any child abuse or suspected child abuse must be reported immediately to the Scout Executive. Contact the Camp Director or person in charge for assistance in contacting the Scout Executive or their designee. The immediate health and safety of the individual(s) will be considered during any course of action taken. The National BSA policies for two deep unit/campsite leadership and Youth Protection guidelines will be followed.



Unit Swim Classification Record

This is the individual's swim classification <u>as of this date</u>. Any change in status after this date (i.e., nonswimmer to beginner or beginner to swimmer) would require a reclassification test performed by an approved test administrator. Changes and corrections to the following chart should be initialed and dated by the test administrator.

SPECIAL NOTE: When swim tests are conducted away from camp, the camp aquatics director retains the right to review or retest any or all participants to ensure that standards have been maintained. Unit Number **Date of Swim Test** Full Name (Print) Swim Classification Medical (Draw lines through blank spaces.) Recheck Nonswimmer Beginner Swimmer 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 NAME OF PERSON CONDUCTING THE TEST: **Print Name** Signature Qualification Council/Agency (Red Cross, YMCA, etc.) **UNIT LEADER: Print Name** Signature 430-122 (OVER) Revised: March 2009

SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season. Traditionally, the swim classification test has only been conducted at a long-term summer camp. However, there is no restriction that this be the only place the test can be conducted. It may be more useful to conduct the swim classification prior to a unit going to summer camp.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water (e.g., the swimmer's test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth).

ADMINISTRATION OF SWIM CLASSIFICATION TEST (THE LOCAL COUNCIL CHOOSES ONE OF THESE OPTIONS):

OPTION A (at camp):

The swim classification test is completed the first day by camp aquatics personnel.

OPTION B (Council conducted/council controlled):

The council controls the swim classification process by predetermined dates, locations, and approved personnel to serve as test administrators. When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

OPTION C (At unit level with council-approved aquatics resource people):

The swim classification test done at a unit level should be conducted by one of the following council-approved resource people: Aquatics Instructor, BSA; Aquatics Cub Supervisor; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp aquatics director for use at the camp.

TO THE TEST ADMINISTRATOR

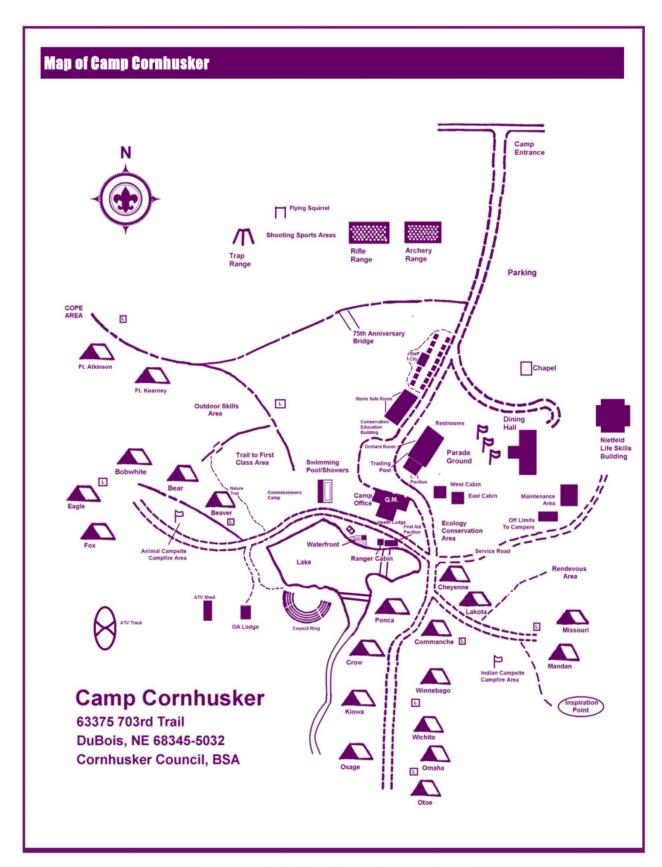
The various components of each test evaluate the several skills essential to the minimum level of swimming ability. **Each step of the test is important and should be followed as listed below:**

SWIMMER'S TEST:

Jump feet first into water over the head in depth, level off, and begin swimming. 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 swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

BEGINNER'S TEST:

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.



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