



## MSC SWIM CHECK PROCEDURE(S)

All candidates shall prove their ability to swim 50 yards to earn his/her MSC Basic Sailing Rating.

**Please note:** the Swim Check is necessary to obtain our Basic sailing rating, not to attend boat school. Different instructors will have various requirements as to whether students must complete a Swim Check before attending their classes, during the course, or only required when getting their final Basic rating.

**All boat school participants (both instructors and students) must wear a PFD at all times when underway in a boat regardless of Swim Check status/completion.**

The Michigan Sailing Club swim check procedure may be accomplished by utilizing one of the methods listed below:

- 1) Swim 50 yards unaided while showing no signs of distress, and completing the check in a timely manner using an accepted swim stroke\* without touching the bottom. This shall be completed while being observed by a MSC Helm or Skipper rated member.
  - a. **At the Club:** In shallow water for the entirety of the check, parallel to the shore, at an appropriate depth based on each individual swimmer's height such that an individual swimmer can stand if trouble arises.
  - b. **At a public pool:** A Helm or Skipper rated member will be responsible for determining how many laps equates to 50 yards.
- 2) Provide a Helm or Skipper with a copy of his/her current American Red Cross lifeguard certification.

*\*Accepted swim strokes, as defined by the American Red Cross: front crawl, breaststroke, side stroke, elementary backstroke, back crawl and butterfly.*

This document was approved at the 3/13/2023 meeting of the Executive Board.