



## 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.

**At the Club:** In shallow water, warmer than 65 degrees, 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. Two buoys mark the 25 yard distance and a depth of 4 ft to allow someone to swim without touching the bottom with their feet or hands.

After completing the swim check in shallow water, step into the deep end near the end of the dock and tread water without a lifejacket for 1 minute.

After the water treading check is complete, put on a life jacket that has been thrown near the student while treading/floating in the water.

- 2) Provide a Helm or Skipper with a copy of his/her current American Red Cross lifeguard certification.

When someone is certified by American Red Cross lifeguard certification, they will complete the water treading and putting on a life jacket.

**Water temperature shall be over 65 degrees** for a swim check to be conducted without neoprene or dry suit clothing. Instructors should make sure the testee is comfortable and safe going into the water if the temperature is below 65 and provisions should be made to stay warm and safe.

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



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This document was approved at the 4/13/2025 meeting of the Executive Board after feedback from active Instructors.