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| Test | Requirement | Equivalent\* | Use\*\* |
| Advanced Swim Test | • Swim 200 m • Without a break after 200 m, tread water for five minutes• Any stroke without pauses or stops at the edge of the pool • Face forward in water for at least 25m/yds (for example, breaststroke or crawl with face in and out of the water for the entire test) • Keep head out of water • Comfortable throughout • Able to turn around and talk throughout • Goggles are permitted if test done in chlorinated pool or other reasonable explanation given. No masks allowed | Red Swim Kids 10, Lifesaving Bronze Star,  YMCA Star 7 | • Rangers in backyard pool, small hotel pool or similar. • Spotter for Rangers • Adult swimming with Rangers (no aquatic staff)And below uses |
| Swim Test | Swim 50 metres • Without a break tread water for one minute• The test must be performed in water without touching a dock or the bottom • The swimmer can swim on her front or back • The swimmer needs to be in a horizontal position and continuously moving forward for the swim portion of the test • When treading water, the swimmer’s head must be upright and out of the water | Red Cross Swim Kids 5, • Lifesaving Society Swimmer 4, • YMCA Swimmer | • Pathfinder swimming with a Bronze cross Supervisor• Guides or younger Swimming with GGC ratio for provided aquatic personal, ex 1-15 Guides at an established waterfront and 1 watcher and 1 lifeguard, no PFD required.And below uses  |
| PFD Test | WEARING a PFD.Girls: Swim 25 m ▪ Adults: Swim 75 m ▪ Demonstrate the HELP position for one minute | Red Cross Swim Kids 3, • Lifesaving Society Swimmer 3, • YMCA Dolphin  | Canoe/kayak/peddle boat BoatingSwim With PFD in calm water or backyard pool |

 \*Equivalent from a recognized swim lesson provider

* Proof of equivalency for a test must be shown to the Responsible Guider in the form of a document with the individual’s name. A badge is not acceptable.
* Advance>Swim> PFD. If you have a higher level you do not need to re-test at the lower level.

\*\* Check current Safe Guide to Confirm