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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  Boating  Swim 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