

# MDSA Swim Test Instructions

Check [www.minnewaskaswimmers.org](http://www.minnewaskaswimmers.org) for the current swim test schedule. There are 8 tests from mid-June through late July.

## ***THIS IS AN ALL VOLUNTEER PROCESS—PLEASE BE PATIENT***

Please arrive at the MDSA test site at Moriello between 12:00 and 1:15PM for REGISTRATION (latecomers may be turned away). **NOTE:** you will need to pay the pool entrance fee of \$6.00 (subject to change), separate from the MDSA membership fee of \$20.00.

**Proceed to the pavilion on the left to FIRST see the MDSA GREETER**

### **You will be asked to submit the following:**

1. **\$20 membership fee**, cash or check made out to MDSA.
2. **Two (2) headshot photos** 1x1¼ inch clear color or B&W (copies of license photo OK).
3. **Printout of your completed online application** (make sure you **SUBMIT the application online as well as print it**).
4. Your signed **NYS Release of Risk form**.
5. **TWO (2) signed ID Cards** to print and sign your full name; cards will be provided by the MDSA at the test.

Once all documents are in order, you will be assigned a number and clipboard of the same number as indicated on the GREETER's sign-in sheet.

### **Please proceed as follows:**

6. **Proceed to the BANKER, who will collect the \$20 membership fee, NYS Release form, 2 headshot photos, signed ID cards.** (The LAMINATOR who sits near the Banker will assemble your cards to be picked up after you successfully complete the test.)
7. **You will be directed to poolside. Give your clipboard** (which will have your application and a tester checklist) **to a tester** (all testers will be wearing an orange visor).
8. **When your Clipboard Number is called, your test will begin:** no time limit, 20 lengths (10 round trips) in the 25-yd pool including 1 length each backstroke, breaststroke, sidestroke, freestyle **plus** 3 minutes treading in the deep end.
9. **The MDSA Volunteer Tester must sign your application that you have passed.**
10. **Once you've passed the swim test, return** to the pavilion with your clipboard.
11. **Turn in your clipboard to the MDSA team leader or volunteer** and you'll receive your MDSA membership card, Welcome Letter, and will be asked to attend a brief information session.

**IMPORTANT:** Should you neglect to bring your completed online forms, blank Application and NYS Release of Risk forms are available at tests; you will need to **PRINT CLEARLY** all required information and sign. **However, you MUST bring your 2 headshot photos; if NOT, time permitting, you may drive to a facility nearby to make 2 copies of your license photo and then return to the test.**

• *Enjoy Swimming and Please Volunteer* •