

MEMO

To: High School Sailing Coach

From: **Certified Lifeguard**

Subject: Swimming Certification

Date:

The purpose of this note is to certify that _____
meets the ISSA standards of swimming competency as follows:

2.1 Swimming Ability

All competitors must be able to swim at least 50 yards and tread water for 5 minutes in fresh water wearing shoes or sneakers.

Sincerely,

Certified Lifeguard

Cc: HS Athletic Directors