



### 2022 WORLD DROWNING PREVENTION DAY GOT2SWIM & PADDLE

THANK YOU for participating in this year's swim and paddle virtual journey! This event will help Colin's Hope continue to provide important life-saving programs year-round.

- You may use this form to track all miles completed through July 25.
- There is no required minimum distance.

- Swim miles may be completed in any kind of water (open, pool, etc.). Please be mindful of important layers of protection.
- Only miles submitted by August 1 will be considered for awards.
- Visit [www.colinshope.org/got2swim](http://www.colinshope.org/got2swim) to submit the "Distance Completed" Form by August 1

**PARTICIPANT NAME:**

DATE	DISTANCE COMPLETED	DATE	DISTANCE COMPLETED

**TOTAL DISTANCE COMPLETED:**