

SWIM TEST POLICY

To participate in recreational swimming activities, ALL children 13 years of age and younger must undergo a swim test if they are to swim in any part of the pools alone.

- Children who cannot pass the swim test or children requiring a lifejacket are considered non-swimmers and must be accompanied in the water by an parent or guardian, 18 years or older who is actively engaged with the children's activity.
- Actively Engaged = Participating in your child's swimming activity from a safe distance (determined by a lifeguard).
- There is a limit of two non-swimming children per parent or guardian.

Swim Test Procedure

- **SWIM TEST:** JUMP INTO THE WATER, RECOVER AND STAND. THEN SWIM CRAWL STROKE 25 YARDS DEMONSTRATING THE ABILITY TO BREATHE AND WITHOUT REACHING FATIGUE.

After passing the Swim Test

- All children who pass the swim test will wear an orange wrist band.
- Children 7 years of age and under may swim in the pools alone, but must have a parent/guardian, 18 years or older on the pool deck supervising.
- Children between the ages of 8 and 10 years may swim in the pools alone, but must have a parent/guardian, 18 years or older in the building at all times.
- Children between the ages of 11 and 13 years may swim in the pools alone and are not required to have a parent/guardian in the building.

LAP SWIMMING TEST

- Lap swimming is recommended for individuals 14 years of age and older. If a child 13 years and younger wishes to lap swim a lifeguard may require they take the lap swimming test.
- Must demonstrate fish level or above swimming abilities. 50 yards of crawl stroke, backstroke and breaststroke OR 150 yards of continuous swim with good form (no flippers).
- After passing the test, children can swim in the lap lanes but must be continuously swimming laps not playing around.