

For Your Safety Swim Tests are Required

Swim Test Process

Swim 16 m (two widths of pool)

Jump and surface

Tread 1 minute

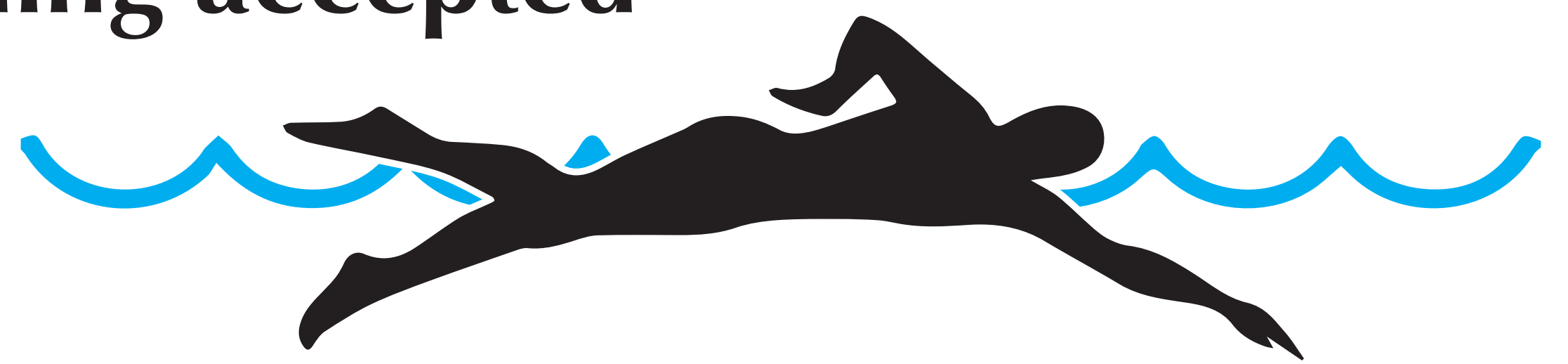
Swim:

Front Crawl (level 4)

Body position: face in water, head straight and horizontal body at surface

Arm positions: arms exit water and are full pulls

Breathing: Front or side breathing accepted then face must re-enter water



Jump and Surface:

Jump from side of pool and head goes under.

Returns to surface with no use of floor.

Recommend doing beside guard chair.

Treading:

1 minute and must look relaxed, head and ears above water, stay in one place, large leg and arm movements and no pushing off wall or they start from 0 again.

Details:

2 Swim test attempts during open swim only

Must be tested by a lifeguard

Height requirement is _____ inches for failed or no attempt swim test to stay in shallow no guardian in water (guardian must be on deck). For ages 9 and under.

If under height requirement guardian must be in water at arms reach.

Guardian must be in pool for 5yrs and under

Swim test ages include 6, 7, 8 and 9yrs

Ages 10yrs and up, no swim test needed but can ask for one at guard's discretion

Guardian = 12yrs (babysitter) and up.

Guardian must be able to pass swim test if under 16.

**Swim tests are mandatory for
children ages 5-10 years of age**