

# SWIM TEST POLICY

## Swim Tests

**Swim tests are administered by lifeguards at their discretion and availability. If a child 7-14yrs passes the swim test, they may be given a one time swim bracelet that signifies they passed the test.**

**All children 6 and under a must be accompanied by a parent or guardian in the water that is 16+yrs at all times and remain within arms length.**

## Shallow Water swim test:

**To swim without an adult in water shallower than the swimmer's chin or in the designated shallow end, the swimmer must pass the Shallow Water Swim Test.**

**Enter water to armpit depth, Front float for 5 seconds, transition from floating to standing, Back float for 5 seconds and return to standing.**

**If the swimmer passes, they may be given an orange wristband to wear for the day.**

## Deep Water

**To swim in water deeper than the swimmer's armpits, the swimmer must pass the Deep Water Swim Test:**

**Jump into deep water and submerge over the swimmer's head, right themselves, tread water for 45 seconds, swim the length of the pool to the stairs. The swimmer can use a combination of freestyle, breaststroke, or backstroke (for backstroke the swimmer must demonstrate rolling from front to back and then continue swimming). If the swimmer passes, they may be given a green wristband to wear for the day.**