

Indoor Swim Test Procedures

In order to swim in the pool without adult supervision, children must be 12 years of age or older and pass a swim test. Children under age 12 who have passed the swim test may only swim with adult supervision (18+) in the pool or on the deck. Children less than 12 years old who have not passed the swim test must be accompanied in the water by an adult within arm's reach of the child. Children (including infants and toddlers) CANNOT be left unattended on the deck while the parent swims.

The test is as follows: front float, back float, 30 seconds treading water, swim one length of the pool with some face in the water and some over-arm recovery.

If the child passes the swim test, their name is alphabetically recorded in the lifeguard binder in a section designated for swim tests, which is accessible to lifeguards at all times. Each time the child comes to swim, they should check with the lifeguard to be sure their name is recorded and that they are able to swim without supervision. If the child does not pass the swim test, the child should be accompanied by an adult while swimming and the adult should stay within arm's reach of the child. The child may re-take the swim test at any time.

These procedures ensure the safety of our members and prevent accidents and injuries. It is the responsibility of the lifeguard on duty to be sure that all children who come to use the pool without adult supervision are capable of swimming the necessary amount to show that they are not at risk.