

### Safety:

Swim testing should occur first in shallow water, and the appropriate number of lifeguards should be on duty to help ensure the safety of the patrons being tested. Have the that the person has safely exited the water after the test is complete.



**Test Administrators:** The test should be administered one on one. Lifeguards on surveillance must not serve as testing personnel. As part of your swim test policy, consider providing a color-coded wristband to identify the swimming classification used at your facilities, such as one color designated for shallow water and another designated for deep water access.

**Application:** It needs to be clear who is subject to testing in the facility. It may be required of everyone or only particular individuals such as children desiring to jump off the diving board. Because age is not indicative of swimming ability, the most protective practice requires a swim test for all persons wishing to enter deep water.

**Purpose:** The High Sierra Pools Swim testing is used to determine if a person has the minimum level of swimming ability required to participate safely in activities, such as swimming in deep water, jumping off a diving board into deep water, or riding a slide that empties into deep water.

### SWIM TEST

1. **Swim** a distance equal to the facility's deep-water swimming area section's maximum width, without using anything for support, such as touching the bottom, the wall, or the safety line.
2. **Jump into deep water**, level off at the surface; **tread** water for **one minute** in a vertical position with the mouth above the waterline; hands use is allowed.
3. **Exit from the pool independently.**

The lifeguards reserve the right at their discretion to request any swimmer who appears to be overly tired or uncomfortable in deep water (even if they are adults or have passed the swim test) to return or remain in shallow water.

RECOMMENDED AGE	SUPERVISION	TESTING
0-7	An adult must be in a pool with a swimmer	No testing necessary
7-12	An adult must be on the pool deck close to the swimmer	The test required if the swimmer wishes to use the deep end
13+	An adult must be on the pool deck unless swimmer passes the swim test	The test required if the swimmer wishes to use the deep end
16+	No adult supervision required	No testing required