



SWIM TEST

To successfully complete the swim test each child must:

- **Swim the length of the pool unassisted, without rest, and without their legs or body position dropping below a 45 degree angle.**
- **Exit the water without support of a ladder.**
- **Jump into water over their head, resurface, and tread water for one minute.**

If the swimmer passes the above requirements then they will be banded as a "Green Band" and have access to the entire open swim area including the deep end.

Any swimmer who does not pass will be banded as a "Red Band" and only have access to the shallow ends of the pool, be required to wear a lifejacket or flotation device, and stay with a parent at all times.