SWIM TESTING PROCEDURE

Age *guidelines* for children to safely use the Dillon Family Aquatics Center.

* Ages 6 and under: A parent or guardian 18 years or older, must be in the water within arm’s reach at all time. If a swimmer is wearing a lifejacket, it must be Coast Guard approved. Swimmers wearing a lifejacket cannot swim past the 4’ rope.
* Age 7: A parent or guardian, 18 years or older, must be on the pool deck or in the water at all times while the child(ren) swim.
* Ages 8-13: may use the Dillon Family Aquatics Center with a parent present.

*ALL swimmers MUST be retested in the Dillon Family Aquatics Center.* The swim test takes around 5 minutes to complete. The swimmer is to complete a 25 yard swim & 1minute tread, sequentially. Once the test is completed, the child’s name will be recorded on a dated log and then will be determined as a “red” or “green” swimmer based on the following:

RED Level (Denoted by RED swim necklace): This non-swimmer or beginner swimmer is unable to swim the 25-yard distance with an efficient stroke. At this time, children are to limit their pool usage to the shallow end (3’6”) at wall. These swimmers may use a Coast Guard approved life jacket, but may not use the pool farther than the 4’0 rope.

GREEN Level (Denoted by NO swim necklace): This swimmer can swim 25 yards with an efficient stroke, without stopping, and tread water for 1 minute (consecutively). This swimmer may use the deep and shallow ends and may use lane rope lanes to swim laps in.

\*Yellow wristbands will be used to denote the kids that are part of a birthday party and/or special event.

*REMINDER: FLOTATION DEVICE POLICY FOR RECREATIONAL SWIMMING ENVIRONMENTS*

Any water is potentially hazardous if swimmers are not careful. Close supervision of all non-swimmers is the key to maintaining a safe swimming environment for everyone. Therefore, it is the policy of the Dillon Family Aquatics Center that all non-swimmers must be in the direct supervision of a legal parent or guardian at all times when in the pool. Direct supervision means a parent or guardian must be within arm’s length of the non-swimmer at all times when in the water.

*Flotation devices are designed to assist swimmers and non-swimmers in staying afloat. Only U.S. Coast Guard-approved personal floatation devices are allowed in the Dillon Family Aquatic Center.*