

# ADEL FAMILY AQUATIC CENTER SWIM TEST

Swimmers 8 & under who wish to swim outside the zero-entry zone will be required to take a swim test. If the test is completed successfully, the swimmer will collect a wristband and gain access to all zones of the pool. If a swimmer does not successfully complete the swim test, they will have to remain in the zero-entry zone of the pool.

Wristbands must be worn while at the pool. If a swimmer loses or forgets their wristband, they will be required to take the swim test, regardless of whether they have passed before.

**Lifeguards reserve the right to test any swimmer.**

## SWIM TEST REQUIREMENTS

1. Enter water and submerge fully then resurface
2. Tread water or float on back for 30s
3. Swim one full lap length (25m) without stopping, touching walls, or bouncing off the bottom of the pool in front crawl or breaststroke
4. Exit pool without use of ladders