

SWIM TEST FAQ

Have questions about the new swim test policy at the Adel Family Aquatic Center? Read through these frequently asked questions to find some answers.



DOES EVERYONE HAVE TO TAKE A SWIM TEST?

Swim tests are required for children 8 & under who wish to swim outside the zero-entry zone. Lifeguards also reserve the right to test anyone whose swimming skills raise concern.



WHAT IS THE WRISTBAND FOR?

The green wristbands signify that an individual has passed a swim test. It grants the individual access to all zones of the pool. Wristbands are reusable and required to be worn any time that individual visits the pool.



WHAT IF THE WRISTBAND IS LOST/FORGOTTEN?

The swimmer will be required to pass another swim test, regardless of whether the swimmer has passed the test previously.



CAN THE TEST BE RETAKEN?

Swimmers can retake the swim test once a day (a total of two tests a day). Swim test retakes must be taken at least 30 minutes after the first test.



WHY IS THE AQUATIC CENTER DOING SWIM TESTS?

Swim tests are common practice at many public pools. Swim tests help keep swimmers safe and assist lifeguards in tracking swimmers.

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



HOW DOES MY CHILD TAKE A SWIM TEST?

A lifeguard may approach a child outside the zero-entry zone and inquire about the swimmer's age. If the swimmer is not 9 or older, he or she will be required to take the swim test. Children may also approach a lifeguard and ask for a swim test if they would like to swim outside the zero-entry zone.



HOW CAN I HELP MY CHILD PASS THEIR SWIM TEST?

Help your child practice the skills required in the swim test. View the swim test demonstration video on the Aquatic Center's Facebook page.



DISCLAIMERS

- Lifeguards reserve the right to revoke wristbands
- Lifeguards reserve the right to test any swimmer regardless of testing history or age if swimming skills raise concern
- Lifeguards reserve the right to question children regarding their age for the purpose of a swim test

Still have questions? Contact the Parks & Recreation office at (515) 993-4525.