

Cabonne Council Aquatics

Youth Swim Test



Swim License Eligibility

To full attain access to the Aquatics facility, including slides, diving board, and other recreational activities, all youths 17 and under must successfully pass the Cabonne Council Aquatics youth Swim Test.

Minimum standards for the Cabonne Council Youth Swim Test include:

1. Swim one pool length (minimum of 25 meters) unassisted and without rest. Swimmers must use a recognizable swim stroke in the prone position for the entire distance.
2. Tread water for a minimum of 60 seconds.
3. Jump into the deep end of the pool or water that is over the patron's head and return to the surface.
4. Exit the pool unassisted.



** Swim tests are offered daily by lifeguards at times determined by the local Aquatics program.

** Swimmers are allowed to test only once per day.

** The swim test is valid for ONE year. All swimmers must be reassessed every year. Lifeguards may require additional testing for swimmers, when needed. The lifeguard has the authority to request reassessment of any child at any time.

** All swimmers who pass the swim test will be issued a Cabonne Council Youth Swim License. All swimmers must show their license upon entering the Aquatics facility and will receive a wristband to have access to the deep end, slides and diving boards. Additional testing may be required for lap swimming.

Cabonne Council Aquatics Guidelines and Youth Swim Test

No Wristbands

- Children who **cannot** demonstrate the necessary skills to pass the Cabonne Youth Swim Test or choose not to participate in the test are classified as non-swimmers.
- Non-swimmers must stay in water less than armpit depth (feet on the bottom of pool) and require active adult supervision.
- Non-swimmers who do not meet the "armpit depth" guideline are encouraged to wear a Royal Life Saving approved personal flotation device and require active adult supervision.
- Active adult supervision means the adult must be always in the water within arm's reach of the child. Adult parent / guardian must be at least 18 years old and be responsible for the child.
- ALL Children under the age of 10 must be accompanied by parent / guardian who must remain at the pool the entire time the child is present. If the child is left unattended, they will be considered abandonment and the proper authorities will be contacted.

Wristbands

- Children who have demonstrated the necessary skills to have FULL access to the Swimming Pool facility, including toddler and splash pools, are classified as swimmers, and will receive a wristband that allows them use of the deep end.
- Children 10-16 who have qualified for the wristband can enter the swimming pool facility unaccompanied, with proper/valid ID.



Cabonne Council Aquatics Guidelines and Youth Swim Test

Cabonne Youth Swim Test

- ✓ To receive a swimming license, all children, 10 and under, must take and pass a swimming competency test.
- ✓ While parent/guardian is present. A parent/guardian must fill out the swim license form.
- ✓ Children have one attempt per day to complete test.
- ✓ Once the tester enters the water, they cannot stop, stand, or hold the wall or lane line until the completion of the test for the swim to be valid.
- ✓ Swim Test license are valid until opening day of the next year's summer season.
- ✓ Upon successful completion of all components of the swim test, a swim license will be issued

To receive a Swim License/wristband, swimmer must demonstrate the following minimum standards:

- ✓ Swim one pool length (min. 25 Meters) unassisted and without rest on front
 - *Swimmer must use a recognizable swim stroke; breast-stroke or freestyle.
 - ✓ Jump into deep end and return to surface
 - ✓ Tread water for a minimum of 60 seconds
 - ✓ Exit pool unassisted
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- During the free Style stroke, the swimmer must demonstrate comfort with the face in the water, breathing either to the front or side. For front crawl, the arms must exit the water with full extension on each stroke, and the swimmer may not pause or stop.
 - During the breaststroke, the swimmer must remain at the top of the water with their face only exiting the water to breathe. The swimmer must take a breath every 1-3 strokes. No underwater swimming.
 - While swimming, they cannot doggy paddle while taking a breath and may not pause or stop.
 - If the lifeguard administering the test stops the swimmer, the test is over, no license will be issued.
 - After completing the 23 m swim, the swimmer must jump into deep water, return to the surface, and tread water for minimum of 60 seconds. The swimmer must exit the pool without assistance.



Cabonne Council Aquatics Guidelines and Youth Swim Test

Once the Swim Test has been passed

- ✓ The license must be presented at the front desk upon arrival at the pool and the swimmer will receive a wristband. The wristband must be worn at all times while at the pool in order to swim unattended.
- ✓ Those who do not present their swim license will not be issued a wristband.
- ✓ Sharing the swim license with another child will result in revocation of pool privileges for both individuals.
- ✓ Summer swim tests will be given by designated lifeguard or Pool Administrator.
- ✓ Those who lose/forget their swim license may need to retake the swim test, with parent present, in order to receive a new swim license.



I have read & understand the Cabonne Youth Swim Testing Guidelines:

Name _____

Swimmer Signature Required _____

Parent Signature Required _____





Cabonne Council Youth Swim License

Cabonne Council Youth Swim License



Name : _____

Youth Signature : _____

Parent Signature : _____

Aquatic Staff Signature : _____

Date Issued : _____

Date Expires : _____

Cabonne Council Youth Swim License



The license certifies that the minimum standards of the Cabonne Council Aquatics Youth Swim Test have been met. The following areas are available for use : access to the pool, including slides and diving boards (other aquatic recreational items apply, if approved locally).

This license does not apply to lap swimming or pool amenities indicated by the installation. Additional testing may be required.

*Card must be presented to receive a wristband for access to the aquatics pool.

