

What the lifeguarding staff is looking for to ensure your child is deep water ready:

Back Float

- Body position is horizontal in the water
- Head is positioned in the water with only the face exposed
- There is minimal body movement when floating

Swimming Freestyle Crawl

- Body position is horizontal in the water
- Arms move in a steady rhythmic forward motion
- Each arm clears the water with every stroke
- Steady continuous flutter kick
- Breathing is to the side in a roll motion and head does not lift forward out of the water
- Breathing is not heavy or exasperated
- Swimming is continuous and uninterrupted

Treading Water

- Treading is comfortable and relaxed
- Legs move in a frog, egg beater, or rotary bicycle-like motion kick
- Arms move in a continuous circle motion
- Head is above the water level

We care about your child's safety!

The Graydon Lifeguarding Staff



Graydon Deep Water Test Swim Qualifications



All swimmers who are under the age of 18 must take a swim test in order to swim in the deep water of Graydon Pool. This includes all diving board areas and lap lanes. The test is given between 1:00- 5:00 by a lifeguard on staff. A swimmer may take the test every day until they pass, but they may not take it more than once daily.

What Does the Test Comprise of?

- ✓ Swimmers must float on their back for ten seconds
- ✓ Swimmers must swim freestyle crawl with face in the water and side breathing or competitive breaststroke to the 12 foot raft
- ✓ Swimmers must tread water for 1 minute
- ✓ Swimmers must swim freestyle crawl with face in the water & side breathing back to the ramp by Stand 1

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All decisions made by guarding staff administering the test are final.

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