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Deep-End Test Rules

ALL swimmers 10 years of age or younger MUST pass the Deep-End test before being permitted into the Deep-End of the pool.

1. Beginning in the shallow end of the pool, the swimmer must, using any stroke, swim to the far end of the pool while keeping their head above the water line at all times.
2. WITHOUT PUSHING OFF FROM THE WALL, the swimmer must then swim to a point in the deep end indicated by the lifeguard on duty.
3. The swimmer MUST then tread water for at least 60 seconds while maintaining their head above the water line at all times.
4. Once complete, the swimmer MUST swim to the ladder designated by the lifeguard and walk back to the lifeguard stand (or another location designated by the lifeguard) accompanied by the lifeguard.

If the swimmer **passes** the deep-end test, they will be presented with wrist band indicating their success. This wrist band MUST be worn at all times while in the deep end.

If the swimmer **does not pass** the deep-end test, they may re-take the test on a different day.

Important Notes:

- It is at the sole discretion of the lifeguard administering the test whether the swimmer passes the deep-end test. The lifeguard's decision will be based on his/her evaluation of the swimmer's performance in the water, and the swimmer's physical condition upon exiting the water.
- Even if over the age of 10, a swimmer may be required to take the deep-end test before entering the deep-end if, at the sole discretion of the lifeguard on duty, the individual is not a strong enough swimmer to be safe in the deep end of the pool.