



Navy Aquatics Guidelines and Youth Swim Test



No Wristbands

- Children who cannot demonstrate the necessary skills to pass the Navy 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 US Coast Guard approved personal flotation device and **require active adult supervision**.
- Active adult supervision** means the adult must be in the water within arm's reach of the child at all times. 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, it 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 Aquatics facility, including slides and diving boards, **are classified as swimmers, and will receive a wristband that allows them use of the deep end/diving board and slide.**
- Children 10-17 who have qualified for the wristband can enter the seasonal facility unaccompanied, with proper/valid Mil ID.

Navy Youth Swim Test

- To receive a swimming license, all children, 17 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 may be tested only one time each day.
- 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 licenses 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. 25yds) unassisted and without rest on front**
Swimmer must use a recognizable swim stroke; breast-stroke or front crawl
 - **Jump into deep end and return to surface**
 - **Tread water for a minimum of 60 seconds**
 - **Exit pool unassisted**

*During the front crawl 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 25m 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,

Once the swim test has been passed:

- The swim license and a valid ID card 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 be able to swim in the deep area(s).
- Those who do not present their ID card with the 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 during the 15 minute Adult breaks as posted.
- 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.

Parent/guardian; please read the above, check the boxes as read, then sign:

I have read & understand the Navy Youth Swim Testing Guidelines: _____