

Swimmer Evaluation Guidelines

NONSWIMMER (Must stay in designated area for nonswimmers)	INTERMEDIATE SWIMMER (Not allowed in water above shoulders)	QUALIFIED SWIMMER (Access to all swimming areas)
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A NONSWIMMER IS:

- Anyone under the age of seven regardless of their swimming abilities.
- Anyone who is unable to successfully demonstrate the activities of an intermediate swimmer.

AN INTERMEDIATE SWIMMER SHOULD BE ABLE TO SUCCESSFULLY DEMONSTRATE THE FOLLOWING WITHOUT ASSISTANCE:

- Submerge and retrieve an object. Float, at least three seconds, in chest-deep water, independently.
- Jump into chest-deep water from the side, swim front crawl for 15 yards. Then swim on back for 15 yards.

A QUALIFIED SWIMMER SHOULD BE ABLE TO SUCCESSFULLY DEMONSTRATE THE FOLLOWING WITHOUT ASSISTANCE:

- Perform a feet-first entry into chest-deep water, swim front crawl 25 yards, maintain position on back for one minute in deep water (floating or sculling) and swim backstroke 25 yards.
- Swim breaststroke 25 yards and tread water for one minute.



Other Water Safety Precautions

- Use certified lifeguards whenever you are attending or hosting an activity that involves water or swimming. The supervisors should be trained in water safety. The recommended ratio of swimmers to supervisors is 5-to-1.
- Pair swimmers using the “buddy system.” Buddies stay together during the entire swim.
- Never leave any swimmers unsupervised.
- Obtain written permission from the parents/guardians of children for participation in water activities.

If you own a pool or lake/river property, there are some additional steps you should take.

- All lifeguards need to be certified by the American Red Cross.
- Pools and lakes should be inspected and cleared of hazardous materials on a regular basis.
- Water areas need to be outfitted with adequate life-saving equipment such as rescue tubes, life jackets, backboards, throw buoys/rings and first-aid kits.
- Clearly mark designated boundary areas — especially if there is a drop-off.
- Do not allow horseplay at any time.
- Clearly post all rules near the water.
- If you operate a pool, regularly inspect drainpipes and overflows to make sure they are operating properly and secured and cannot be removed by swimmers.
- Restrict access to waterfront when not in use with a gate-type system.
- Use certified lifeguards for special events or activities.



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