



# VCU

## Swim Test

The purpose of the swim test is to assess an individual's overall comfort level in the water and swimming proficiency. Anyone under the age of 18, or requested by Recreational Sports staff, must pass the following swim test in order to go in the deep end, swim without a parent/guardian in the water, or use the slide/climbing wall. The swim test includes:

1. Jump into the deep water, surface unassisted, tread water (in a vertical position with mouth above the water) or back float for 30 seconds.
2. From a float or tread position, immediately swim 25 yards using freestyle or breaststroke.
  - a. Body position must be horizontal.
  - b. Flutter kick (straight legs, no bent knees or "bicycling" kick for freestyle) or breaststroke kick is required (bent knees, whip kick).
  - c. Entire face must go in the water while swimming at least once.
  - d. Over water arm recovery.
  - e. Entire swim portion must be completed without touching lane lines, walls, or pool bottom.
3. Exit from the pool unassisted.

Swimmers may only participate in one swim test per day, on their own request. A lifeguard

can request a patron to repeat a swim test, or ask swimmers to stay in the shallow end, or take a break if they see a swimmer struggling after passing the test.