



CABONNE YOUTH SWIM LICENCE GUIDELINES

To gain full access during staffed hours at any Cabonne Pool facility, youths aged 11-14 must pass the Cabonne Council Youth Swim Test. The following outlines the requirements and procedures:

Swim Test Requirements:

1. **Swim 25 metres:** Swim one pool length unassisted, using a recognisable swim stroke in the prone position without resting.
2. **Tread Water:** Tread water for at least 60 seconds.
3. **Deep Water Jump:** Jump into the deep end or water over the swimmer's head and return to the surface.
4. **Exit the Pool:** Exit the pool unassisted.

Test Administration:

- **Daily Testing:** Swim tests are offered daily by Duty Officers at times set by the local Aquatics program.
- **One Attempt Per Day:** Swimmers are allowed only one test attempt per day.
- **Validity:** The swim test is valid for one year. Reassessment is required annually, and Duty Officers may request additional testing if needed.

Swim Licence:

- **Issuance:** Swimmers who pass the test will receive a Cabonne Council Youth Swim Licence, which must be shown upon entering the facility.
- **Supervision:** Failure to pass the test requires constant supervision by a responsible adult (16+ years).
- **Privileges:** Successful completion allows unsupervised access during staffed hours. All pool rules must be followed, or the licence may be revoked.
- **Licence Presentation:** The swim licence must be presented when requested.

Additional Guidelines:

- **Parent/Guardian Presence:** A parent or guardian must complete the swim licence form.
- **Continuous Swim:** Once the test begins, swimmers cannot stop, stand, or hold onto the wall or lane line.
- **Licence Validity:** Swim licences are valid until the opening day of the next summer season.
- **Licence Sharing:** Sharing the swim licence will result in the revocation of pool privileges for both parties.
- **Lost Licences:** Lost or forgotten licences may require retaking the swim test with a parent present.



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Specifics for Freestyle Stroke:

- **Comfort in Water:** Swimmers must demonstrate comfort with their face in the water, breathing to the front or side.
- **Arm Extension:** For the front crawl, arms must fully extend out of the water with each stroke without pausing or stopping.
- **No Doggy Paddle:** Swimmers cannot doggy paddle while breathing or pause during the swim.

After completing the 25-metre swim, the swimmer must jump into deep water, return to the surface, tread water for 60 seconds, and exit the pool unassisted.

THIS LICENCE IS FOR STAFFED POOL HOURS ONLY. IT MAY NOT BE USED FOR UNSUPERVISED POOL ACCESS.

Acknowledgment: I have read and understand the Cabonne Youth Swim Testing Guidelines:

- **Name:** _____
- **Swimmer Signature:** _____
- **Parent Signature:** _____
- **Date:** _____