

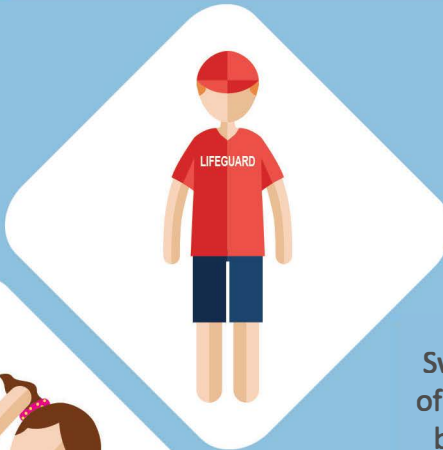


AQUATIC SWIM TEST

The Fargo Park District will enforce the following swim test policy in the facility. All visitors are eligible for the required swim test at the request of our lifeguards.

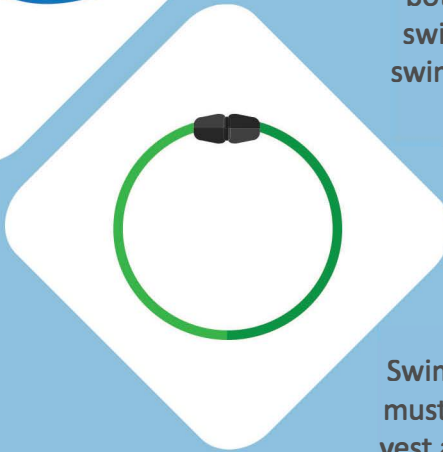
STEP 1:

Lifeguard will instruct swimmer to jump into the pool, submerge fully, return to the surface and immediately begin swimming without pushing off the wall.



STEP 2:

Swim in a horizontal position on top of the water using a forward crawl or breaststroke. The swimmer's arms must achieve full extension on every stroke, he or she must maintain one or both of the strokes for the full 25-yards swim. Pausing is only allowed when the swimmer is rotating or turning to breath.



STEP 3:

Exit the pool without assistance using either the wall or pool ladder. If you have passed the test, a Lifeguard will hand you a GREEN necklace for you to wear while at the facility.

- ◇ Keep your GREEN necklace for return trips to the HAC or to use at Fargo Park District locations.
- ◇ The facility has the right to revoke a GREEN necklace at any time.
- ◇ Do not give your GREEN necklace to anyone else. If you are caught sharing your necklace it will be revoked.

What do I do if I don't pass?

Swimmers who do not pass the swim test must wear a US Coast Guard approved life vest at all times. Swimmers in life vests are strictly prohibited from utilizing the diving boards and large waterslides at the facility.

