

Participant Swimming Ability Evaluations

Participant Swimming Ability Evaluations are in place to ensure that participants are able to swim and float to ensure their safety when participating in programming in an open water environment or pool.

Participant swimming ability evaluation requirements for each age group are as follows:

Age Group	Criteria
Under 6	Float on back for 5 seconds Push and glide for 5 metres and recover
Under 7	Float on back for 10 secs Push and glide for 5 metres and recover Kick on front for 5 metres and recover
Under 8	Float on back for 60 secs and recover Swim 25m (Any stroke)
Under 9	Float on back for 60 secs and recover Swim 25m (Any stroke)
Under 10	Float on back for 90 secs and recover Swim 25m freestyle
Under 11	Float on back for 2 minutes and recover Swim 50m freestyle
Under 12	Float on back for 3 minutes and recover Swim 100m freestyle
Under 13	Float on back for 3 minutes and recover Swim 150m
Under 14	Float on back for 3 minutes and recover Swim 200m freestyle