

# 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)

## 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:

- Step into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to a standing position, move into a back float for 5 seconds and return to a standing position.
- Push off and swim using a combination of arm and leg movements for 15 feet on the front and push off and swim using a combination of arm and leg movements for 15 feet on the back.

## 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 back crawl for 25 yards.
- Swim breaststroke 25 yards, tread water for one minute and swim elementary backstroke for 25 yards.



# Other Water Safety Precautions

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- Designate “supervisors” 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.
- Consider hiring certified lifeguards for special events or activities.



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