



ROCKLAND PARK HOA SWIM TEST

Test overview:

- 1) Swimmer must enter the shallow end of the pool from the edge
- 2) Swimmer must swim 25m of Front Crawl or Breast Stroke
- 3) Swimmer must then exit the pool from the edge (not the ladder)
- 4) Then the swimmer must jump in, fully submerging below the surface and tread water for 60 seconds with their chin above the water

Important

- The passing or failing of a swimmer taking the test is up to the complete discretion of the Lifeguard administering the test.
- For your child's safety, **all swimmers are required to take the 2026 swim test, even if they passed last year**, as the requirements have changed slightly.
- The swim test can only be taken by a swimmer once/day.