

# GAC POLICY FOR LAP SWIMMERS: UNDER 18 YEARS OLD

- Can swim during any times there are public lap lanes.
- Must be swimming laps to be in a public lane, not playing. If not swimming laps, only availability is Family Swim in the Rec Pool.
- Must sign-in and pay like any other public swimmer.
- To swim in the Training Pool, under 18 swimmer must:
  - Pass the Swim Test (tread water for 10s and swim 25 yards).
  - Have a parent **ON DECK** if they are under 16.
  - Check-in with lifeguard when they get to the training pool.
- Starting blocks are off limits!
- If they do not pass the swim test, they may **swim laps** in a public lane in the Rec Pool. If under 4 feet tall or 5 years old or younger, they must have an adult in the water with them.

