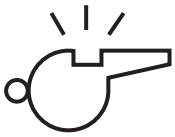
AQUATIC Swim Test

Hulbert Aquatic Center 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

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



Didn't Pass?

Swimmers who do not pass the swim test must wear a U.S. Coast Guard approved life vest at all times.

- Swimmers in life vests are strictly prohibited from utilizing the diving boards at the facility.



STEP 2

A lifeguard will instruct swimmers to 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 and they must maintain one or both strokes for a full 25-yard swim; pausing is only allowed when a swimmer is rotating or turning to breathe.

Hulbert Aquatic Center
West Fargo Public Schools
620 7th Ave E
West Fargo, ND 58078
(701) 356-7630



STEP 3

Swimmers are to exit the pool without assistance, using either the wall or pool ladder. If a swimmer has passed the test, a lifeguard will provide a green necklace to wear while at the facility.

- The green necklace can be kept for return trips to the HAC or used at other local pools.
- The facility has the right to revoke a green necklace at any time.
- Sharing of a green necklace is strictly prohibited; violation will result in the loss of the necklace.