UMD KIDSROCK Summer Camp Swim Test

This swim test is for express purposes of UMD KIDSROCK Summer Camp only, and every UMD KIDSROCK summer camper that wishes to swim without a personal flotation device and in the deep end of the UMD Pool must pass this swim test before they are allowed to. Below are the policies, procedures and further information on our swim test.

Swim Test Policy & Procedure:
- This form is used only for UMD KIDSROCK summer camps, and is not valid for RSOP Youth Swim Classes.
- All campers enrolled in the UMD KIDSROCK Summer Camp must pass a Summer Camp Swim Test in order to swim without a personal flotation device in shallow and/or deep end of the UMD Pool; additionally all campers enrolled in the UMD KIDSROCK Lake and River Camp must also pass this swim test before full participation is allowed in the Lake and River Camp activities.
- The Summer Camp Swim Test must be administered by a UMD RSOP Certified Lifeguard, and the tests will take place every Monday of the week of camp. Campers who attend multiple weeks of camp must re-take this test weekly. If you would like to make special arrangements to take the test outside of camp time please contact kidsrock@d.umn.edu.
- In order to pass the Shallow Water Swim test, a camper must complete a 10-15 yard swim in 3 – 4 feet of water. Upon completion, the camper will be allowed to swim in the shallow end of the pool without a personal flotation device.
- In order to pass the Deep Water Swim test, a camper must complete 30 seconds of actively and continuously treading water in the deep end of the pool. Upon completion, the camper will be allowed to swim in the deep end of the pool without a personal flotation device.
- Once a camper passes the Summer Camp Swim test(s), the RSOP Lifeguard and KIDSROCK Staff members will track completion for that week.
- If a camper does not pass the test they may attempt to take it again the following day; a camper may only take the swim test once (1) a day and no more than twice (2) during one week of camp.

General Pool Policies:
- The RSOP Lifeguards will visually assess each swimmer to determine whether they have the minimum requirement of skills and abilities to swim with confidence; the UMD KIDSROCK Staff will assist in the testing process.
- The RSOP Lifeguard, in conjunction with the UMD KIDSROCK Staff, may for safety reasons require a camper to wear a personal flotation device and/or remove a swimmer from the pool entirely.
- All campers and swimmers must acknowledge and abide by the rules of the UMD Pool facilities.