



Customer Notice

Competent to Swim in Deep Water Test

In accordance with the Chartered Institute for the Management of Sport & Physical Activity (CIMSPA) Guidelines, HSG179 and our own risk assessment we enforce the following policy at all High Life Highland pools.

All customers (regardless of age) are required to adhere to the pool signage advising all weak or non-swimmers are not allowed passed this point (1.35m). If they are not a competent swimmer they will not be allowed past the 'no armbands beyond this point' sign.

If there is any doubt about an individual's capability / confidence / stamina to swim in deep water, customers will be asked to move into shallow water and be advise that to use the deep end of the pool he or she will need to complete a deep water swim test.

The deep water competency test consists of the following:

- Swim across the shallow end of pool. If successful, move to the deep end.
- Jump into the deep end water (the water should go over the customers head) and return to the surface.
- Swim 25m (one pool length 25m or if in a 20m pool swim 5m width and 20m length in one go) unassisted and without rest. Swimmer must maintain positive body position (legs should not drop past 45 degree angle) for the entire distance. Start swimmers at the deep end and travel to the shallow end (if they tire they may be able to stand whilst approaching shallow water).
- Tread water for one minute, turn on their back, float briefly, then swim (either on front or back) to the side and exit the pool.

If customers cannot pass the above test this is considered to be a weak swimmer and therefore not permitted beyond the 1.35metre mark (No armbands beyond this point sign on wall)

Customer safety is our priority, thank you for your understanding and co-operation.