



# SECTOR SAN JUAN MWR DEPARTMENT



## O.K. SWIMMER COURSE REQUIREMENTS

Parents with children age 10-12 are required to be present for testing.  
Parents with teenagers (age 13-17) do not have to be present but must sign this form.

Prior to being issued an O.K. Swimmer card, all resident children ages 10-17 will meet the following requirements:

1. Show proof of age with proper identification.
2. Listen to and comprehend all pool rules.
3. Jump from diving board and swim to the shallow end, touch the wall and swim back to the deep end without stopping. May use any style.
4. Jump from the side of the pool and tread water (without struggle) for two minutes.
5. Pick up the rubber ring from the deepest part of the pool.
6. Obtain parent/guardian permission and signature. Parents must list any medical history which they determine should be reported.

Child's Name Age

Parent's Name

Unit Number Phone Number

Medical Condition

### Emergency Contacts

Name 1 Phone Number

Name 2 Phone Number

After completion of the above requirements, MWR will assign a number and an OK Swimmer card to the child. A Certified O.K. Swimmer list will be available at the pool office. This permission/testing form will remain on file at the MWR office.

**Children must bring their O.K. Swimmer card to the pool and they will be required to show it to the Lifeguard on duty.** Children granted to O.K. Swim privileges must obey the pool rules at all time. In the event of misconduct, O.K. Swim privileges may be suspended for the day by the lifeguard on duty. Repeat offenders will be referred to the MWR Recreation Specialist to evaluate the case and a final decision of continued or discontinued O.K. Swimmer privileges will be determined. THANK YOU FOR YOUR PATRONAGE!

Swim Instructor Date

Parent/Guardian Date

Recreation Specialist Date