

FREEDOM LAKE

DEEP WATER RULES & REGULATIONS

- Children under 7 are not permitted in deep water area.
- Children 7-12 years old must pass a deep water swim test each year before entering the deep water area including U dock, deep water slide and diving board.
- Deep water test is given daily at 1:30pm and 4:00pm. Times are subject to change, please check with lifeguard staff. Test will only be given once per person on any given day. A wrist band will be provided to patrons who pass the test.
- You must pass the deep water test to use the deep water slide or driving board.
- Individuals of ANY age viewed to be an incapable swimmer by a lifeguard may not enter the deep water area until passing a subsequent deep water test.
- Test Requirements: Jump into water, freestyle swim one lap, backstroke one lap, tread water for 60 seconds. This test is unassisted and requires convincing technique and stamina.

DEEP WATER SLIDE

- The deep water slide use is limited to when a lifeguard is on duty at the slide, guard chair or on the rescue board in front of slide.
- All general swimming rules for slide safety are to be followed.

DIVING BOARD

- One bounce only.
- Straight forward dives or jumps only.
- Only one person allowed on board at a time.
- Diver must wait for previous diver to move completely out of the way.

RAFT

- No back flips or back dives.
- No pushing or running.
- No diving/jumping over the railing seats.
- No swimming under the raft.

U DOCK

- Public use of the U dock swim lanes are for experienced, serious users.
- Priority of the U dock lanes is for pre-registered swim instruction and Swim Team.
- No swimming under the dock

