

Freedom Lake Deep Water Rules and Regulations

DEEP WATER TEST

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. Children under 7 are not permitted in deep water area.

A deep water test is given daily at 1:30pm and 4:00pm. Lifeguards may offer at additional times if coverage schedule allows. Times are subject to change so please check with lifeguard staff. Test will only be given once per person on any given day, but patrons are encouraged to try again during their next visit. A wristband will be provided to patrons who pass the test to identify their swim ability.

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. Individuals may not enter the deep water area until passing the deep water swim test.

Deep water swim results for those who successfully complete the test are maintained in log at Lifeguard Station.

DEEP WATER SLIDE/U-DOCK

- 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 at all times.
- Public use of the U dock swim lanes are for experienced, serious users who wish to lap swim, and Freedom Rockers Swim Team. Guard must be stationed appropriately.
- No back flips or back dives.
- No pushing or running.
- No diving/jumping over the railing seats.
- No swimming under the dock/raft.

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 before jumping.