

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.

Freedom Lake General Rules and Regulations

- Swimming allowed in designated areas only when lifeguard is on duty.
- All persons must scan lake pass each day or purchase a pass upon arrival at gate. Lake eligibility requirements posted at lake entrance check-in building.
- A responsible adult, age 18 and up, must accompany children under 16.
- Age 16 and up may attend lake unsupervised with signed letter from parent AND proof of residency through a property tax or utility bill (saved to phone to show at gate is ok).
- Bathers not meeting deep water requirements must stay in shallow area along beach (less than 4' deep)
- Maximum water capacity is 525 persons.
- Floatation devices are not permitted.
- No smoking or vaping allowed in any park or recreation area.
- No alcoholic beverages allowed. No glass bottles or containers allowed.
- No pets allowed. Service dogs exempt.
- No profanity. No loud music.
- Fishing is not permitted in Freedom Lake. Fishing is allowed in the stream.
- Keep clear of boat area and in front of lifeguard chairs.
- One person at a time on slide. Slide users must wait for previous person to be clear of area in front of slide.
- Slide users for shallow water slide must be at least 32 inches tall.
- Slide users must go down slide feet first and in sitting position.
- When climbing down slide, user must face the slide.
- No sitting or hanging on ropes.
- Non-toilet trained children must wear protective swim diapers. Regular diapers are prohibited.
- All swimmers must wear bathing suits.
- Changing or disrobing permitted in bathrooms only. This includes changing of diapers.
- All rules and instructions of lifeguards and park staff will be followed or patron will be ejected and possibly lose future use privileges.
- Freedom Lake will close at the discretion of the waterfront staff when weather or water conditions are undesirable or unsafe. **NO REFUNDS WILL BE GIVEN FOR EARLY CLOSURE.**
- All New York State and Town of LaGrange laws apply.

See full park rules/town code, pavilion rental information, and more at www.lagrangeny.gov/parks-rec.

See Deep Water Rules and Regulations for deep water area use on back side.