

# American Red Cross



## How do you know when it's safe for you to go in the deep end?

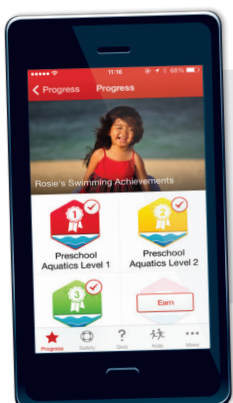
*When you can successfully complete all of the following steps:*

1. Enter the water, going completely under
2. Recover to the surface and remain there for at least one minute (floating or treading)
3. Turn yourself completely around and face where you're going to exit the water
4. Swim for at least 25 yards, on either your front or your back
5. Exit from the water

**Please note:** Even though you might be able to go into the deep end of the pool, you should continue to develop additional skills and endurance to swim in other environments and conditions, such as cold water or the ocean, and to be a stronger and better swimmer.

Check with your Red Cross Water Safety Instructor to see if you're ready for each new environment and condition in which you'd like to swim. Be sure to swim as a pair near a lifeguard's chair.

These guidelines were developed by the independent, nationally-recognized members of the Aquatics Subcouncil of the American Red Cross Scientific Advisory Council.



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