



# Wenatchee

## HIGH SCHOOL

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September, 2015

Dear Parents and 9<sup>th</sup> grade Fitness Students:

Allow me to introduce myself. I am John Pringle, the Aquatics Coordinator for the Wenatchee School District. I have been a swimming coach, swim instructor, and lifeguard instructor for over 25 years. I am proud to bring this experience to Wenatchee and share a love for swimming, both as a sport and as a life skill.

The Wenatchee School District began mandatory swim testing for all 9<sup>th</sup> grade PE students in the fall of 2013. I am writing this letter to make you aware of the program and to make you aware of the process which will be followed to meet the goals for this program set forth by the school board. Beginning October 13th, we will start swim testing our 9<sup>th</sup> grade PE students to assess their ability to swim. The assessment includes: a 42 foot (14 meter) non-stop swim with face in the water and some breathing; a jump into the pool submerging into deep water, surfacing and returning to the pool side; and treading water (vertical in water with support movement from arms and legs—head may not go under water) for 1 minute, then exiting the pool from the pool edge. Students who fail to complete all these components will be assigned to a “learn-to-swim” unit within the regularly scheduled PE class at the WHS Pool, or be given choices for alternative options to meet the requirements at local community pools. Students who have already completed and passed the Wenatchee School District swim testing; will not have to be tested again provided there is written proof of that assessment. You will find an outline of the current process and procedures as well as FAQ’s on the back of this letter.

My main concern is for the safety and well-being of students who participate in the swimming activities at WHS. The Wenatchee School District administration, in collaboration with a nationally known water safety expert and myself have developed policies and procedures that are consistent with safe aquatics activities across the country. We have taken extra care in maintaining minimum staff numbers, dedicated lifeguard staff, and administrative checks and balances to ensure student safety at all times while in the pool. It is our intent, through this program, to teach students to be safe and comfortable in the water to a point that swimming becomes an enjoyable and life-long activity.

***One important item of note for our female students is that one-piece swim suits are recommended.*** If you have any questions about this, or if you have any other questions, please feel free to contact me through at Wenatchee High School by phone at (509) 663-8117 ext. 654 or send an email to: [pringle.j@wenatcheeschools.org](mailto:pringle.j@wenatcheeschools.org)

Sincerely,

John Pringle  
Aquatics Coordinator/Swim Coach & Instructor/Lifeguard Instructor  
Wenatchee School District

## Wenatchee High School Fitness Class Swim Testing and Instruction Protocols:

- 1) All fitness students will be required to take the WSD swim test as a part of their fitness class and grade.
  - a) The swim test consists of:
    - i) A 42 foot non-stop swim demonstrating strength and minimal technique. Swimmers must remain horizontal in the water (feet not dragging to the pool bottom), and face needs to be in the water most of the time with some breathing.
    - ii) Jump into deep water, submerge, surface and return to the pool side.
    - iii) Tread water in deep end for 1 minute, return to side of pool and exit pool.
  - b) Students who took and passed this test as a part of a spring event at the middle schools will be excused from further testing provided there is a record of that assessment.
  - c) Students who took and passed the test as a part of a Wenatchee School District approved sport activity will be excused from further testing provided there is a record of that assessment in the form of a written note from the coach.
  - d) Students who took and passed the swim testing at another approved location such as the YMCA will be excused from further testing provided there is a record of that assessment.
  - e) Proof of prior testing or evidence of a swim test taken elsewhere (students who have “NO” checked on their permission forms) is due to the Aquatics Coordinator no later than **Friday, October 25<sup>th</sup>, 2015**.
- 2) All students participating in the swim testing at WHS will be required to have a signed aquatic activity permission slip turned in prior to being tested.
- 3) All students testing should wear a swimsuit for the testing. Fitness clothing is not recommended.
- 4) Students passing the swim test will have no further swimming requirements.
- 5) Students who do not pass the swim test have the following options:
  - a. Take the 16 class swimming unit as a part of their fitness class until they are able to pass the test (highly recommended)
  - b. Take a swimming class or private lessons at a local pool after school hours on their own and at own expense. Wenatchee School District will not pay for outside programs. Proof of completion of the outside swim class is due to the Aquatics Coordinator no later than **Friday, January 15<sup>th</sup>, 2016**.
- 6) Students who do not know how to swim and would prefer not to test may communicate this to their fitness instructor. These students will be automatically referred to the “learn-to-swim” unit at WHS.
- 7) Students missing class due to health and other related issues will need to make those classes up. Students who are unable to participate in swimming for a day or two will remain in the pool area with their assigned swimming class.
- 8) Students failing to meet the swimming requirements will lose an equivalent of 48 points in their PE class which will have a negative impact on their overall PE grade. 48 points is the equivalent of 16 days of PE.

## FAQ's

1. Will my student be safe? Yes! Our Aquatics Coordinator and Swim Instructor Mr. Pringle has over 25 years of experience coaching swimming and operating safe swimming pools. He will be conducting the swim tests and the "learn-to-swim" units with additional staff who are also trained lifeguards and have a background in swimming. One staff member will be a designated lifeguard during each session while Mr. Pringle and the other staff members conduct activities creating smaller class units and providing for a high level of supervision and safety.
2. Does my freshman Fitness student have to take the swim test? Yes, all freshmen in Fitness classes are required to be swim tested. Their Fitness grade depends on participation in the testing and corresponding swim lessons if needed. Students may elect to take the test at the YMCA, but evidence of passing the test must be returned to the fitness teacher no later than **Friday, October 25<sup>th</sup>**, 2015.
3. What if my student does not pass the swim test? Students who do not pass the swim test will be referred to a "learn-to-swim" unit that they may take as a part of their Fitness class at WHS. A second option to take swimming at a community program outside of the school day (YMCA) is also a possibility. Students choosing the community path will be required to provide proof of participation in an outside program no later than **Friday, January 15<sup>th</sup>, 2016**.
4. Does my student have to take the "learn-to-swim" unit if they don't pass the swim test? Yes, students who do not pass the swim test must complete one of the two options above in FAQ #3.
5. How long is the swimming unit? The swimming unit offered at school is approximately 16 class days. Students will not swim on late start Mondays.
6. What happens if my son or daughter does not swim? 48 PE points are awarded for completion of the swimming requirement, either through passing the swim test, or by successfully participating in the offered swim lessons. Failing to complete the swim test or the corresponding swim lessons will result in the loss of all 48 points assigned to the unit. The overall PE grade will be adversely affected.
7. My student does not own a swimsuit, what should I buy? For boys, tighter fitting board shorts or jammer style competitive suits are recommended. For girls, one piece swimsuits are recommended. Loose fitting swim suits and T-Shirts are not recommended because they cause drag, making it harder for students to learn to swim.
8. My daughter has longer hair, what should we do? A swim cap is recommended for longer hair, but at the minimum long hair must be banded tightly into a bun.
9. Our family cannot afford a swim suit, what should we do? Please contact Mr. Pringle via email at: [pringle.j@wenatcheeschools.org](mailto:pringle.j@wenatcheeschools.org) . There may be some options available to you.
10. Is there any other equipment recommended? We recommend that all students have swim goggles to make learning easier. Scuba style masks however are not recommended and will not be allowed. You can purchase swim goggles at Big 5 or Fred Meyer.
11. What are the anticipated dates again?
  - a. Proof of outside Swim Test due: **Friday, October 25<sup>th</sup>**.
  - b. Swim Testing Begins: **Tuesday, October 13<sup>th</sup>**
  - c. Swim Testing Ends: **Friday, October 16<sup>th</sup>**. (Some make ups will be made available after these dates)
  - d. Swim Lessons Begin: **Tuesday, November 3<sup>rd</sup>**.
  - e. Swim Lessons End: Dates will vary according to class schedules and interfering activities but it is hoped that the units will be completed no later than Friday, January 15th.
  - f. Proof of outside swim lessons for those who failed an outside agency swim test due: **Friday, January 15<sup>th</sup>**.