

# Pool Dips

## Test Description:

- The student begins the test by hoisting themselves up on the wall with legs either fully extended or knees bent.
- The head is up with the eyes focused forward and the fingers should also face forward avoiding outward flexion of the wrist. The weight should be on the heel of the hands.
- The student begins when they are ready by bending at the elbow and lowering themselves down until the elbows reach 90 degree flexion, then they will press back up into starting position. They will continue this style of repetitions until they cannot maintain proper form (keeping the body straight without use of the legs) and completing 90 degree flexion with each repetition.
- The student will continue to do dips for one minute and may rest only in the up position.
- During the rest phase the feet cannot touch the bottom of the pool or the body cannot be supported by the pool deck (leaning forward on deck).

<b>Females</b>		<b>Males</b>
<b># of Dips</b>	<b>Percentage</b>	<b># of Dips</b>
55+	<b>100</b>	60+
54-53	<b>98.7</b>	59-58
51-51	<b>97.3</b>	57-56
50-49	<b>96.0</b>	55-54
48-47	<b>94.7</b>	53-52
46-45	<b>93.3</b>	51-50
44-43	<b>92.0</b>	49-48
42-41	<b>90.7</b>	47-46
40-39	<b>89.3</b>	45-44
38-37	<b>88.0</b>	43-42
36-35	<b>86.7</b>	41-40
34-33	<b>85.3</b>	39-38
32-31	<b>84</b>	37-36
30-29	<b>82.7</b>	35-34
28-27	<b>81.3</b>	33-32
26-25	<b>80.0</b>	31-30
24-23	<b>78.7</b>	29-28
22-21	<b>77.3</b>	27-26
20-19	<b>76.0</b>	25-24
18-17	<b>74.7</b>	23-22
16-15	<b>73.3</b>	21-20
14-13	<b>72.0</b>	19-18
12-11	<b>70.7</b>	17-16
10-9	<b>69.3</b>	15-14
8-7	<b>68.0</b>	13-12
6 & below	<b>66.7</b>	11 & below