



SAFETY FIRST

YMCA SWIM TEST POLICY

For safety purposes, all swimmers under the age of 14 must take a swim test and wear a swim band based on their swimming ability before entering the water. Other swimmers may be asked to take a swim test at the lifeguard's discretion.

Our swim test consists of:

- Underwater submersion
- 25-yard freestyle swim
- 30 second water tread

Our swim test is designed to check the swimming abilities of a swimmer. Based on this test, the swimmer receives a colored band that signifies their swimming ability. If a swimmer fails the swim test they must wait 24 hours before re-testing.



RED SWIM BAND

MUST HAVE SUPERVISION

- Must remain in the zero-depth entry area.
- Water in the designated shallow area must fall at or below the swimmer's armpits and they must pass a walking test. They will be able to swim in this area without a parent at arm's reach so long as they wear an approved PFD.



YELLOW SWIM BAND

SHALLOW WATER ONLY

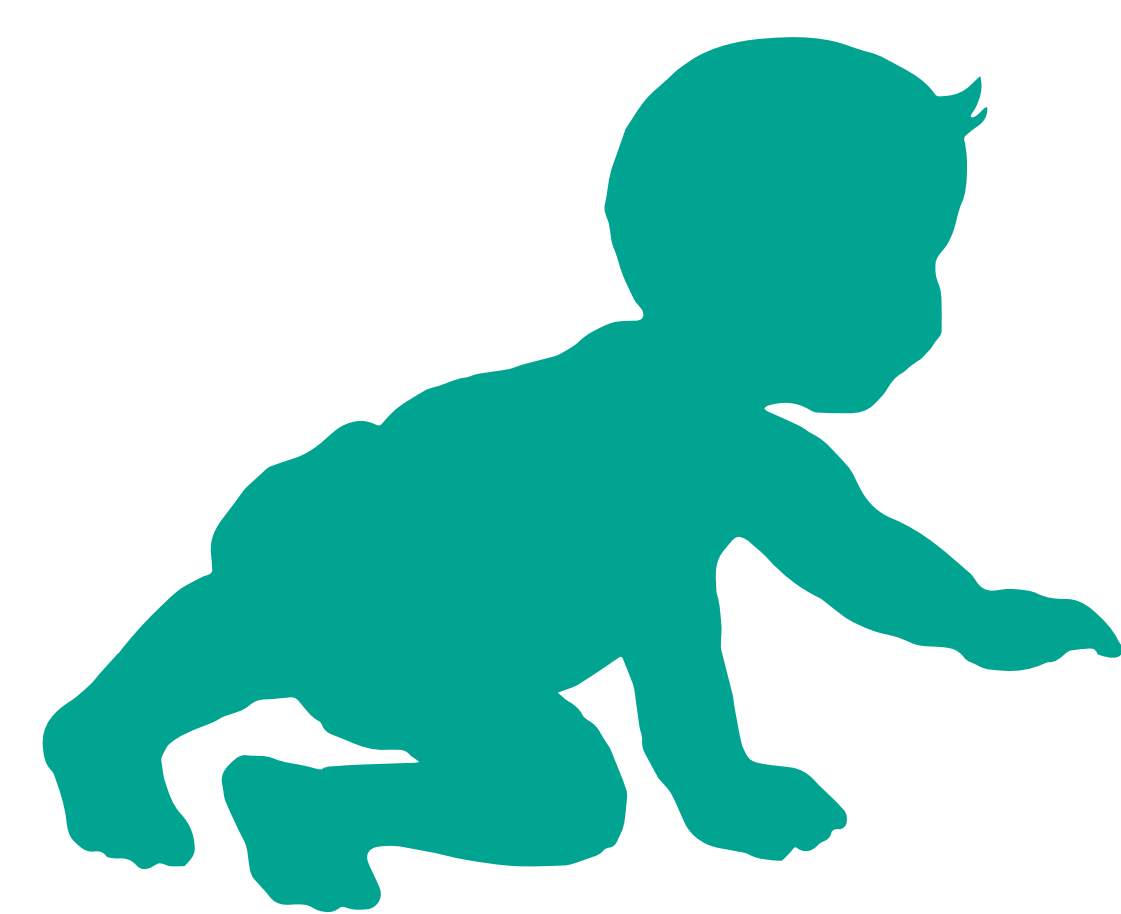
- A swimmer must be able to swim **comfortably** at least one length of the pool without a parent or flotation device.
- Swimmer may swim, without a parent at arm's reach, in water up to 5 ft



GREEN SWIM BAND

ANYWHERE IN THE POOL

- A swimmer must have **comfortably** passed the **full swim test**. A green band allows a swimmer to swim anywhere in the pool.
- Swimmers without a green band must have a parent within arm's reach and wear a PFD to be in water deeper than 5 ft. under any circumstances.



NO SWIM BAND

Swimmers 5 and older who do not pass the swim or walking test are required to be within arm's length of a parent. Any swimmer under the age of 5 automatically falls in this category and is required to have a parent or guardian (18+) present in the pool and within arm's reach. U.S. Coast Guard Approved PFD (Personal Flotation Device) strongly recommended.

A parent or guardian (18+) must stay in the immediate pool area with any swimmer under the age of 14.

Aquatic staff reserves the right to remove a swim band if a swimmer's skill level falls below a swim test standard.

Bands must be worn every time a swimmer gets in the pool. Tests are good for one year and retested annually.