

# SAFETY FIRST

## YMCA Swim Test Policy

For safety purposes, all swimmers under the age of 13 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:

- 25-yard freestyle swim
- 1 minute deep water tread
- Underwater submersion

Our swim test is designed to check the swimming abilities of a child. Based on this test, the child receives a colored band that signifies their swimming ability.



**RED  
SWIM  
BAND**  
Ages 5–12

#### Must Have Supervision

- Must remain in the zero-depth entry area.
- Water in the designated shallow area must fall at or below the child’s armpits and they must pass a walking test. They will be able to swim in this area without a life-jacket or without a parent in arm’s length.



**YELLOW  
SWIM  
BAND**  
Ages 5–12

#### Shallow Water Only

- A child must be able to swim **comfortably** at least one length of the pool without a parent or flotation device.
- Swimmer may swim unaccompanied in water up to 5 ft. deep.



**GREEN  
SWIM  
BAND**  
Ages 5–12

#### Anywhere In The Pool

- A child must have **comfortably** passed the **full swim** test. A green band allows a child to swim anywhere in the pool (based on availability).



**NO SWIM BAND** Children 5 and older who do not pass the swim or walking test are required to be within arm’s length of a parent or wear a Coast Guard Approved PFD (Personal Flotation Device). Any **child 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.

A parent or guardian (18+) must stay in the immediate pool area with any child aged 12 and under.

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 child gets in the pool. Only children with a green band may swim in the lap lanes or in water deep than 5 ft. under any circumstances.