



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SWIM TEST POLICY

At the Y, safety is our top priority. All swimmers 12 & under must complete a swim test. Those who do not take or do not pass the test must wear a coast guard approved life jacket and remain in the shallow end unless accompanied in the water by a responsible adult supervising that child. The responsible adult must be within arm's reach. Lifeguards have the authority to require any person, regardless of age or ability, to complete a swim test or wear a life jacket if deemed necessary.

Children who complete a swim test will receive a Swim Test Completion Card and receive a disposable swim band.

LIFE JACKET

NON-SWIMMERS

PRIVILEGES:

- Life jacket required.
- Must remain in the shallow end of the pool, unless accompanied in the water by a responsible adult supervising that child. The responsible adult must be within arm's reach.

RED BAND

TEST:

- Starting in the shallow end, swim half a length of the pool and back without touching the bottom or walls of the pool.

PRIVILEGES:

- May swim without a life jacket.
- May swim in the shallow and middle areas of the pool.

BLUE BAND

TEST:

- Starting in the deep end, must submerge above the head and resurface
- Swim half length of the pool and back to the wall without touching the bottom or walls of the pool.
- Tread water for 1 minute.

PRIVILEGES:

- May swim in the shallow, middle, and deep areas of the pool.

Note: Completion of the swim test does not guarantee a passing result. Swimmers must complete the test with strong, confident swimming ability and without signs of distress or fatigue.