

# **SWIM TEST POLICY AND AGE RESTRICTIONS**

## **For aquatics patrons ages 13 and under**

The Greenwood Family YMCA is committed to implementing proven prevention efforts to ensure that children who swim in our pool are safe. In order for us to ensure this safety standard, children ages 13 and under will be tested to evaluate swimming competency. Any child that does not take or pass the swim test will be restricted from deep water but may still gain access to the shallow end of the pool.

### **RED BAND TEST: Non-Swimmers**

1. If a swimmer cannot complete each of the objectives listed in the Shallow Water Test (yellow band), or do not wish to take the swim test they will automatically be required to wear an approved lifejacket and red band.
2. Red Band swimmers may only swim in the shallow end of the pool to no further than the rope divider.
3. If 6 or under, active supervision is required. Active supervision means that an adult 18 years or older must be in the pool water within arm's reach at all times.

### **YELLOW BAND TEST: Shallow Water**

1. Swimmer floats on their BACK, stands up and touches the bottom of the pool without assistance.
2. Swimmer float on their FRONT face in, stands up and touches the bottom of the pool without assistance.
3. DID NOT PASS? – Wear a Red Band and Lifejacket. The swimmer must stay in shallow end of the pool to no further than the rope divider.
4. PASS? Swimmer must wear a yellow band and stay in the shallow end of the pool to no further than the rope divider. If a "Yellow Band" swimmer is 6 or under, he or she must be accompanied by an adult 18 years of age or older in the pool water.

### **GREEN BAND TEST: Deep Water**

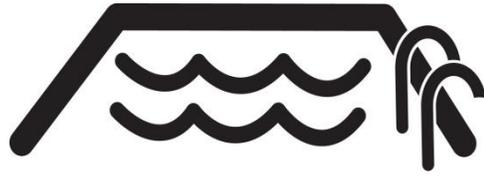
1. Swim the length of the pool without stopping. Must be able to put face in water and show basic breathing techniques.
2. DID NOT PASS? - Wear a yellow band and stay in the shallow end of the pool to no further than the rope divider.
3. Jump into water in the deep end and tread water for 30 seconds in a vertical position with their whole head above water.
4. DID NOT PASS? - Wear yellow band and stay in the shallow end of the pool no further than the rope divider.
5. PASS? – Wear a Green Band. Swimmers are allowed in both the shallow and deep ends of the pool, without an approved lifejacket. If the "Green Band" swimmer is 6 or under, he or she must be accompanied by an adult 18 year of age or older in the pool water.

This policy will be strictly adhered to at all times and does not substitute the need for a responsible person of at least 18 years of age to be in the pool area, in the pool water, or in the pool water within arm's reach at all times based on band color for any children under the age of 6.

The swim test will be administered by a lifeguard or certified staff prior to entering the pool for children 13 and under, as well as all pool parties and during summer day camp. Children will be tested on a yearly basis and with names kept in a log book with the Lifeguard. Children are able to be retested when needed.

A list of swimmers who have taken the test will be kept with the lifeguard and will be updated each Monday. Swimmers may pick up their lifejacket or "Band" from the lifeguard.

# OPEN SWIM AGE REGULATIONS



These age requirements are in place for the protection of our swimmers, guards and the YMCA in general. Please obey these rules and swim safely:

- **All children 13 and under must take the swim test before entering the water.**
- **Children 10 and under** must be accompanied and supervised while in or around the pool by an adult, 18 years or older, at all times.
- **Children under 6** must be accompanied in the water, within arm's distance at all times by an adult 18 years or older.
- **Children ages 9 – 10 that has passed the green band test,** may swim without parent supervision as long as behavior does not warrant otherwise. Failure to comply with pool guidelines may result in dismissal from the pool area or the entire Y.
- **Children ages 11 and over** may swim without parent supervision as long as behavior does not warrant otherwise. Failure to comply with pool guidelines may result in dismissal from the pool area or the entire Y.
- Lifeguards reserve the right to verify any child's birthdate with the Member Services
- If adult has to leave the pool deck, children must exit water and sit near the guard stand and away from the edge of the pool until the adult has returned.
- **All children 13 and under must take the swim test.**