



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH WATER SAFETY POLICIES AND PROCEDURES

## SWIM TEST POLICY

All swimmers under the age of 13 will be required to pass a swim test before being allowed access to the deep area of the pool.

The swim test consists of a 25-yard swim during which youth are asked to:

- Swim 1 length of the pool front crawl with overarm pull and keeping their body horizontal in the water.
- Roll onto their back and float for 20 seconds.
- Jump into the pool, fully submerge and return to the surface and treadwater for 30 seconds.

Passing is ultimately at the discretion of the lifeguard administering the test.



## SWIM BAND POLICIES

### ● Red Band - Unable to pass swim test.

- Must stay in Red Band area. (Children under 6 years of age must have an adult in the water within an arm's reach at all times.)
- An adult who has more than 1 child in a red band, additional children must be in a lifejacket.
- Lifejacket required when water reaches armpit and no adult is within arms reach. Deep water area is prohibited.

### ● Yellow Band - Unable to pass swim test.

- Must remain in the yellow section of pool.

### ● Green Band - Can pass swim test and may swim anywhere.

- Under Age 11: Adult guardian must remain on site and within clear visible distance.

