



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.

