



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEST. MARK. PROTECT.

## POOL POLICIES AND SWIMBAND REQUIREMENTS

- Youth 10 years and younger must have a guardian 19 years or older on the pool deck.
- Youth 13 years and younger must take a swim test.
- Lifeguards may require any patron of the YMCA to perform a swim test at any time regardless of age.
- All swimmers 13 years and younger will receive a wristband they must wear while they swim. Wristbands will be issued at each visit to the Y.
- Swim tests are valid for 1 year from the date of completion.

## Green Wristband

1. Jump into deep water and resurface
2. Float and/or tread water for 30 seconds consistently
3. Swim 25 yards on the front and/or the back non-stop
4. Exit the water without using a ladder or steps

- Swimmers may not touch the pool gutter, wall, ladder, floor, or lane lines for the duration of the swim test.
- Goggles are allowed.
- Swimmers must swim independently. They may not swim with guardians, siblings, friends, and/or others during their swim test.

## Red Wristband

Those who do not pass the swim test or those who decline to take the swim test are considered non-swimmers. Non-swimmers:

1. Must be supervised by a guardian 19 years or older in the water within arms' reach, OR must wear a weight appropriate U.S. Coast Guard Approved personal flotation device (PFD).
2. Must maintain a 1:1 guardian/non-swimmer ratio when not wearing an approved PFD.
3. May not use pool slides.