

## YMCA SWIM TESTING PROCEDURE

All swimmers under the age of 15 must pass the swim test. If they can't or don't want to take the swim test they must be within arm's reach of an adult at all times. Any child wearing a lifejacket must be within arm's reach of an adult regardless of passing a swim test.

### **Pink Wrist Band Test** (given to anyone under 15 years of age)

Deep Water Test- Once completed will receive a Pink wristband and a journal will be added to each member's account stating that the "Deep water test completed- Pink wristband." This test is the same at each location so there does not need to be a distinction of branch.

Pink Wrist band test is as follows:

Swimmer will jump into deep water, tread water for 30 seconds with head clearly out of the water, lean forward and front float with face in the water for 10 seconds, return to upright position and tread water for 10 seconds.

The pink wrist band allows swimmers of any age to use every area of your pool facility. If swimmers are under the age of 7 an adult must remain in the pool area at all times with the child but does not need to be in the water.

### **Blue Wrist Band Test** (given to anyone under 15 years of age)

Shallow Water Test- Once completed will receive a Blue wristband and a journal will be added to each member's account stating that the "Shallow Water test completed- Blue wristband." This test may vary at each location due to water depth so it will be necessary for each branch to include in the journal which branch this test was completed at.

Blue Wristband test is as follows:

Swimmer will enter the water at arm pit depth, lean forward into a front float hold for 5 seconds, stand up, then lie back into a back float with feet off the bottom for 5 seconds, then back to standing.

The blue wristband allows swimmers of any age to use the pool facility at a depth of armpit level or below. At no time should this swimmer be allowed in water above this armpit depth. Swimmers are allowed to use this area of the facility without a parent in the water. Any children under the age of 7 must have a parent in the pool area at all times.

***\*\*Because not all pools are alike and not all children are the same height, this blue test varies by location. If a swimmer is not able to touch at armpit height in the shallowest section of your pool, then they will need to be in arms reach of an adult at all times. \*\****

### **Reminder of facility rules:**

~Children under the age of 7 must be in the water with an adult at all times unless they have passed the shallow or deep water test, then an adult must be in the pool area at all times.

~Children 7-10 years of age may be in the pool area without an adult as long as an adult is in the facility and that child has passed the shallow or deep water swim test.

~Children 10 and older may be in the facility without an adult present but must pass the shallow or deep water test in order to swim.

~Youth 15 years of age or older are considered adults at the YMCA and are not swim tested unless asked by a lifeguard to do so.