

# Swim Test Policy



## Alexander YMCA Swim Test Policy

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Safety is our top priority at the pool. All children participating in Family Swim times are required to follow YMCA swim test policies.

### Swim Tests

The Alexander YMCA gives swim tests to children 14 & under. Children may earn a yellow band or black/white swim band.

- Children electing not to take a swim test will be allowed in the shallow water only and must wear a flotation device provided by the YMCA, if an adult (18 or older) is not in the water with the child. **Non-swimming & beginning swimming children who have not earned a swim band MUST be supervised and MUST be within arm's reach of their parent/guardian at all times.**

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### Yellow Swim Band

**Note:** Children without an adult (18 or older) in the water must earn a yellow band to swim in shallow water without a floatbelt or lifejacket.

**To earn your yellow band:** Child must be able to comfortably swim 1/2 the length of the pool with face in the water, tread water for 30 seconds, then jump in from wall at safety rope and recover without hesitation; in the presence of a YMCA aquatics staff person. **Goggles may not be worn during the test.**

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### Black/White Swim Band

**Note:** Children must earn a deep water band to swim in water 6ft or deeper.

**To earn a black/white band:** In the presence of a YMCA aquatics staff person, the child must be able to comfortably swim one length (25 yards) of the pool on his/her stomach using over-arm strokes with face in the water and rhythmic breathing OR breaststroke with face entering water between breaths. Child must also tread water for 30 seconds. **Goggles may not be worn during the test.**

Note: Should a YMCA lifeguard on duty be concerned about a child's swimming abilities, the lifeguard may instruct the child to swim in water suitable to his/her ability, retake the swim test, or wear a flotation device.

ALEXANDER FAMILY  
**YMCA**