



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Youth Swim Guidelines

Close supervision of youth is the best way to help prevent drowning!

Youth 11 years old and younger must have an adult (age 19 and up) actively engaged in the water with them unless:

- They have passed the YMCA swim test
- They are signed in with the Lifeguard
- They are wearing our colored I.D. bands

We encourage all youth to demonstrate swimming ability to the Lifeguard on duty. Any Lifeguard or Aquatics Manager may administer the swim test.

Deep Water Swim Test – GREEN LEVEL SWIMMER

- Jump in Deep end of pool
- Swim at least ½ length
- Tread Water for 30 seconds
- Swim ½ length to either side of pool

Swimmers passing this test may swim in the shallow or deep areas of the pool at the Lifeguard's discretion. Green Level Swimmers that are ages 8-11 may be signed in with the Lifeguard while the parent or responsible adult remains in the YMCA.

For Swimmers not able to pass the swim test:

Shallow Water Swim Test- YELLOW LEVEL SWIMMER

Swimmers may demonstrate the ability to stand up in armpit deep water. Yellow Level Swimmers may use the shallow end of the pool in armpit deep water or less. Adult must remain in the pool area at all times for closer supervision.

For Non-Swimmers not able to take or pass the swim test:

Shallow Water Privilege: – RED LEVEL NON-SWIMMER

- Youth must be accompanied in water by an adult (age 19 and up) who remains actively engaged with them.
- Must remain in the shallow end of the pool at all times
- Use of IFD's (Instructional Flotation Devices i.e. Noodles and/or teaching belts) is recommended OR
- Use of PFD's (Lifejackets) is highly recommended

Parents and/or responsible adult should know and communicate pool rules to youth. Detailed pool rules are posted in the Locker Rooms and in three locations on the pool deck.

Water Wings and other inflatable water rings, boats, etc are not allowed for use in the pool for safety. All youth swimmers using flotation devices for support must have an adult in the water with them at all times.

Disposable swim diapers are the only diapers allowed in the pool. We strongly recommend the use of additional plastic pull-on pants as an added precaution against bathroom accidents in the pool. It is also recommended that all program participants ages 5 and younger use the bathroom prior to participation in programs or recreational swimming.

The Aquatic's Department goal is to provide a clean and safe environment for all members and program participants. Please contact us at any time for questions and/or concerns.