



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM TEST POLICY

Our **Swim Test Policy** has been created to help ensure the safety of all children who use our pools. The YMCA of Southern Maine’s swim test policy is based on recommended best practices by Y -USA and the Redwoods Group. Thank you for your understanding and cooperation in helping the YMCA protect your vested interest.

Swim Tests help provide you and our staff with an awareness of your child’s swimming competency and confidence.

Swim Bands are worn around your child’s wrist to let our staff know they are deep water competent and confident. At the YMCA of Southern Maine we have two swim bands (Green and Orange) that designate what areas of our pools your child can play in.

Green Band: To earn a green band, a child must complete the following tasks in sequence...

- Enter from the shallow end of pool
- Swim length of pool without stopping
- Climb out and jump in, surface
- Tread water effectively for 30 seconds
- Float on back for 5-10 seconds

Orange Band: Children who do not pass the deep water swim test are given an orange band so that lifeguards and other Y staff can easily identify them. Children wearing an orange band must follow all guidelines outlined in the table below.

Children under 7 years of age must be accompanied in the water at arm’s length by a supervising adult regardless of their swimming ability.

Children under 15 years of age must take a swim test to receive a green band and be allowed to swim in deep water.

Supervising adults must be at least 18 years of age and may not be responsible for more than two children at a time requiring arm’s length supervision.

YOUTH AQUATIC SUPERVISION POLICY

	PASSES SWIM TEST	DOES NOT PASS SWIM TEST
0 - 6 YEARS OLD	<ul style="list-style-type: none"> • Access to all areas of pools • Adult must be in the water within arm’s length at all times (1:2 ratio) 	<ul style="list-style-type: none"> • Access to shallow roped off areas of pools only • Adult must be in the water within arm’s length at all times (1:2 ratio) • Must wear PFD at all times except in the following instances: <ul style="list-style-type: none"> -Child passes armpit depth height test for a roped off portion of pool -Adult accompanying child is actively engaged in teaching swim skills
7 - 9 YEARS OLD	<ul style="list-style-type: none"> • Access to all areas of pools • Adult may leave the pool deck but not the facility while child swims 	<ul style="list-style-type: none"> • Access to shallow roped off areas of pools only • If child passes an armpit depth height test they may swim in that roped off portion of pool without an adult as long as an adult remains in the facility while they swim. • In all other instances, adult must be in the water within arm’s length at all times (1:2 ratio) and child must wear a PFD unless accompanying adult is actively engaged in teaching swim skills.
10 - 14 YEARS OLD	<ul style="list-style-type: none"> • Access to all areas of pools • Adult not required to be in facility with child 	<ul style="list-style-type: none"> • Access to shallow roped off areas of pools only • If child passes an armpit depth height test they may swim in that roped off portion of pool without an adult in the facility • In all other instances, adult must be in the water within arm’s length at all times (1:2 ratio) and child must wear a PFD unless accompanying adult is actively engaged in teaching swim skills.