



SAFE SWIMMERS, SAFE KIDS

All children 14 years and under must wear a swim band around their wrist to identify their water competence and water access.

SWIM TESTS

Our swim test is designed to ensure the safety of all children in our pools and is based on best practices.

CHILDREN AGES 7-14 may be swim tested. Swim tests take place in one of our large pools (available at our branches in Biddeford, Freeport and Portland). Please speak with our Membership Desk or Aquatics leader for assistance.

CHILDREN 6 AND UNDER cannot be swim tested, and must wear an orange band for their safety.

GREEN BAND: To earn a green band, your child must complete the following tasks in sequence:

- Enter from the shallow end of pool
- Swim 25 yards without stopping
- Climb out and jump into the deep end, surface
- Tread water effectively for 60 seconds
- Float on back for 10 seconds

ORANGE BAND: Children 14 years and under who have not been tested, or who have not passed the swim test, must wear an orange band so they can be easily identified.

YOUTH POOL ACCESS & SUPERVISION

Supervising adults must be at least 18 years of age. When an adult is required to be within arm’s length of a child, they may not be responsible for more than two children at a time (1:2 ratio).

BIDDEFORD & FREEPORT		
AGE	GREEN BAND	ORANGE BAND
10-14 years	<ul style="list-style-type: none"> • Access to all areas of the pools • Guardian not required to be in facility with child 	<ul style="list-style-type: none"> • Access to small pool or shallow roped off area of large pool only • Must wear life jacket at all times except in the following instances: <ul style="list-style-type: none"> - Child passes armpit depth height test - Adult accompanying child is actively engaged in teaching swim skills • Guardian not required to be in facility with child

BIDDEFORD & FREEPORT (Continued)

AGE	GREEN BAND	ORANGE BAND
7 – 9 years	<ul style="list-style-type: none"> Access to all areas of the pools Guardian may leave the pool deck, but not the facility, while child swims 	<ul style="list-style-type: none"> Access to small pool or shallow roped off area of large pool only Must wear life jacket at all times except in the following instances: <ul style="list-style-type: none"> - Child passes armpit depth height test - Adult accompanying child is actively engaged in teaching swim skills Guardian may leave the pool deck, but not the facility, while child swims
0-6 years	N/A	<ul style="list-style-type: none"> Access to small pool or shallow roped off area of large pool only Must wear life jacket at all times except in the following instances: <ul style="list-style-type: none"> - Child passes armpit depth height test - Adult accompanying child is actively engaged in teaching swim skills Guardian must be within arm's reach at all times (1:2 ratio)

PORTLAND*

AGE	GREEN BAND	ORANGE BAND
10-14 years	<ul style="list-style-type: none"> Access to all areas of the pools Guardian not required to be in facility with child 	<ul style="list-style-type: none"> Access to small pool or shallow roped off area of large pool only Must wear life jacket at all times except when adult accompanying child is actively engaging them in teaching swim skills Limited to 5' of water or less. Staff must rope off shallow section Guardian must be within arm's reach at all times (1:2 ratio)
7 – 9 years	<ul style="list-style-type: none"> Access to all areas of the pools Guardian may leave the pool deck, but not the facility, while child swims 	
0-6 years	N/A	

*The Malcolm pool at our Portland Branch does not have a set shallow end. This protocol is intended to keep children safe in this unique situation.