



YMCA SWIM TEST POLICY

For safety purposes, all swimmers under the age of 13 must take a swim test and wear a swim band based on their swimming ability before entering the water. Lifeguards may use their discretion to swim test any swimmer.

Our swim test consists of:

- 25-Yard Freestyle Swim
- Jump in and submerge in deep water
- Deep Water tread

Our swim test is designed to check the swimming abilities of a child. Based on this test, the child receives a colored band that signifies their swimming ability.



GREEN SWIM BAND

Ages: Under 13

Anywhere in the Pool

A child must:

- Be able to comfortably swim 25-Yard Freestyle Swim
- Be able to jump in and submerge in the deepest area of the pool
- Be able to complete a 1-minute deep water tread with head fully out of water

A green band allows a child to swim anywhere in the pool (based on availability).



YELLOW SWIM BAND

Ages: Under 13

Shallow Water Only

A child must:

- Be able to comfortably swim 25-Yard Freestyle Swim
- Be able to comfortably jump in and submerge in the deepest area of the pool
- Be able to complete a 30-second deep water tread with head fully out of water

A yellow band will allow the swimmer to swim unaccompanied in the water up to 5 feet deep.*
***This may vary at pools depending on the pool setup.**



RED SWIM BAND

Ages: Under 13

Must Have Supervision

The child was not able to complete or unwilling to complete the swim test. The water in the designated red zone must fall at or below the child's armpits, and they must pass a walking test. The swimmer must remain in the designated red zone. They can swim in this area without a life-jacket or without a parent in arm's length.



NO SWIM BAND

Any child under age 13 who does not pass the swim or walking test are required to be within arm's length of a parent or guardian (18+) or wear a Coast Guard approved PFD (Personal Floatation Device). Swimmers wearing PFDs must remain in the designated red zone of the pool. Life Jackets are not allowed in deeper areas of the pool.

SWIM TEST DETAILS

A Parent or Guardian (18+) must stay in the immediate pool area with any child aged under 13 years of age.

Aquatic staff reserves the right to remove a swim band if a swimmer's skill level falls below a swim test standard. Aquatic staff have final decision making on all interpretation of the policy and variances that may occur due to each pool set up.

Bands must be worn every time a child gets into the pool. Only children with a green band may swim in the lap lanes or in water deeper than 5 feet under any circumstances.

YMCA Camp Weaver will swim test all participants in their programming, regardless of the band color received at branch pools.

NOTE: Lap Lanes are for lap swimming only.

LEARN MORE » ymcagreensboro.org/swim