

STATESVILLE FAMILY YMCA OPEN SWIM TEST



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL CHILDREN 18 & UNDER MUST BE SWIM TESTED.

An adult must check all swimmers in with lifeguard middle school & under

If a middle schooler is a yellow or green band, he or she may swim without an adult on deck

If a middle schooler is a red band, adult is required to be on the deck at all times

Adult is required to be on the deck or in the pool for all children elementary school age & below, regardless of swim ability

Children are not to enter the water without an adult on deck

RED

NON SWIMMERS

- Swimmer may swim in the small pool with an adult in the pool within arm's length
- Adult may accompany child to the big pool with or without a lifejacket but must remain within arm's length at all times

PRIVILEGES

- Swimmer not required but recommended to wear Coast Guard approved life vest with parent in the pool (PFD)
- No more than 2 red swimmers per adult
- Must wear Coast Guard approved life vest for all middle schoolers when adult is not in the pool

YELLOW

TEST

- Swim from stairs to drop off line
- Swim back to stairs
(Must not touch the side or bottom before the drop off)

PRIVILEGES

- May swim in the small pool without PFD
- May swim in the big pool, but a PFD is required if parent is not in the pool within arms reach
- Adult must remain in the pool area for swimmers 5th grade & under

GREEN

TEST

- Swim from shallow end to deep end on front
- Tread water for 30 seconds
- Climb out & jump in at the end of the pool
- Swim back to shallow end on back
(Must not touch the side or bottom at any point)

PRIVILEGES

- May swim anywhere in the pool area without adult being in the water
- Adult must remain in pool area for swimmers 5th grade & under