Youth Swim Guidelines

**Test:** All children who are middle school age (6th through 8th grade) and under must be swim tested.

**Mark:** All children who are middle school age and under are required to wear a neck or arm band identifying their skill level while in the pool. PFD's can be worn by all red level swimmers and must be worn by all red level swimmers in group swim time.

**Protect:** All children middle school age and under must remain in the designated area of the pool indicated by their colored band and accompanied by a parent/guardian where necessary.

Green level swimmers must complete a deep end swim test consisting of swimming half the length of the pool without flotation, treading water for 30 seconds, then swimming back to where they started completely unassisted and to the satisfaction of the lifeguard administering the test. Green level swimmers will be allowed access to the entire pool area. Green level swimmers who are elementary school students (K-5th grade) must have a parent on the pool deck at ALL times.

Yellow level swimmers must complete a shallow water swim test consisting of swimming the length of the shallow end unassisted without touching the bottom or grabbing onto the wall or lane line. Yellow level swimmers will be allowed access to the shallow end only without the need of a floatation device. Parent/guardian 18 years of age or older must stay on the pool deck at all times while yellow swimmer is in the pool.

Red level swimmers must be accompanied by an adult 18 years of age or older. Parent/guardian must remain in the pool within arm’s reach of red level swimmer at all times. Parent/guardian cannot be responsible for more than two red level swimmers at one time. Red level swimmers must remain in the 3 feet area of the shallow end indicated by a safety line.

All groups using the pool must be tested and placed in the proper area of the pool indicated by colored neck band. All red level swimmers in the group must wear a personal floatation device at all time regardless of height while in the pool.

**General Pool Rules**

- Shower before entering the pool.
- Walk at all times.
- Inflatable flotation devices are not permitted.
- Rough play, wrestling, dunking, throwing children, pushing is dangerous and is not permitted.
- Please refrain from eating, drinking, smoking or chewing gum on the pool deck.
- Disposable swim diapers are the only diapers allowed in the pool. Additional plastic pull-on pants strongly recommended.
- Proper swim suits must be worn in pool. Undergarments and gym shorts are not considered proper swim attire.
- Diving is permitted in 9 feet or deeper water only.
- For general health reasons open and/or draining wounds are not permitted in the pool. Bandages and band-aids should also be removed before entering the water.

Parents and/or responsible adults should know and communicate pool rules to youths. The lifeguards and Aquatics staff are responsible for the safety of all swimmers so please follow their instructions at all times. Please contact Zach Harvey at z.harvey@ymcanwnc.org or 336-721-2100 ext. 6270 with questions or concerns.