



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH SWIM GUIDELINES

Close supervision of youth is the best way to help prevent drowning!

Only United States Coast Guard approved flotation devices are allowed in the pool. No Exceptions

SWIM TESTING

- All children middle school and under (8th grade and under) must be swim tested. If the child fails the swim test the parent must remain in the water at all times. The child may be asked to wear a US Coast Guard approved flotation device.
- Elementary School Students (5th grade and under) must have a parent on the pool deck at all times.
- Middle school students (6th-8th grade) are allowed in the pool without a parent with completion of Middle School Orientation and passing the green swim test.
- Rising high school students (9th grade and over) will not be required to take a swim test.

LIFEGUARDS WILL ABIDE BY THE FOLLOWING POLICIES

- The test will consist of the following:
- The swimmer must jump in from the deep end of the pool and tread water for 30 seconds, after 30 seconds the swimmer will have to show the lifeguard they can recover and float on their back.
- Swimmer must swim the length of the pool and exit the pool without any assistance.
 - Please remember the swimmer is not allowed to touch the side of the wall or the bottom of the pool anytime during the swim test
- Once the test is completed the lifeguard will issue an appropriate swim band with associated with the child's swim level.
 - The Lifeguard has the final authority!

POOL SWIM

- One parent may not supervise more than 2 children that are red swimmers at a time.
- Red Swimmers- Non-Swimmer. They are allowed in the shallow end of the pool ONLY and a parent or guardian must be in the pool with the swimmer within arm's reach at all times. At the start of a water aerobics class you will be asked to move into the family area of the pool. Once the class is over you will be asked to move back to the shallow end of the pool.
- Green Necklace Swimmer- May swim anywhere in the pool without flotation.
- The lifeguard has the authority to change the issued band color if swim ability is questioned.

QUESTIONS?

Please contact Chris Chunn, Aquatics Director at (336) 985-9622 Ext. 6634 or c.chunn@ymcanwnc.org