

YMCA OF NORTHWEST NORTH CAROLINA YOUTH SWIM GUIDELINES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

QUESTIONS? Please contact your branch Aquatics Director.

SWIM TESTING

- All children middle school and under (8th grade and under) are encouraged to take the swim test. If the child fails the swim test or refuses the swim test the child will remain a red or yellow swimmer. Red Swimmers must remain in a US Coast Guard approved flotation device if they cannot pass the yellow swim test OR the parent is not within arm's reach of the child.
- 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:

- **Green:** The swimmer must jump in from the deep end of the pool, swim to the middle of the pool (Freestyle) and tread water for 30 seconds. After 30 seconds the swimmer must swim back to the wall on their back. (Must not touch the side of the pool at any time during the test.)
- **Yellow:** Start in the Shallow end and swim to the safety rope (On Front). Swimmer must then swim back to the original starting point. (Must not touch the bottom of the pool or side of the pool anytime during the 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 supervise up to 4 children that are red band swimmers. All swimmers must wear proper flotation.
- One parent may not have more than 2 children that are red band swimmers without proper flotation. If the 2 children choose not to wear proper floatation the parent/guardian must be within arm's reach of the children.
- **Red Band Swimmers - Non-Swimmer.** They are allowed in the shallow end of the pool ONLY. If there is a water aerobics class in progress the participant/family will be asked to move to the family area of the pool. Please pick up a pool schedule at the membership desk.
- **Yellow Band Swimmer -** May swim in the shallow end of the pool only
- **Green Band Swimmer -** May swim anywhere in the pool without floatation and use the Slides.
- The lifeguard has the authority to change the issued band color if swim ability is questioned.

FOR THE KERNERSVILLE FAMILY YMCA OUTDOOR POOL: **Green Band** swimmer may use slides and lily pads; **Yellow Band** may use lily pads; not slides; **Red Band** may use lily pads with a parent within arm's length at all times; not slides.