



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

YMCA OF SOUTHERN ARIZONA SWIM TESTING POLICY

The YMCA of Southern Arizona has revised the policy for minor swimmers to better accommodate the needs of our members.

TESTING PROCEDURE:

Green band—Must swim 25 yards with face in the water without touching the bottom or wall of the pool, climb out, jump feet first into deep water, tread water for 30 seconds, and return to the nearest side of the pool.

Yellow band—Must swim 15 yards without touching the bottom or sides of the pool, climb out, jump feet first into deep water and return to the nearest side of the pool.

Red band—Non-swimmers, those who refuse the test, or those who are not able to meet the requirements of the yellow band.

RULES FOR MINORS:

- All children 7 years and younger must have an adult* in the pool with them within arm's reach, regardless of band color.
- All children ages 12 and younger must take the swim test, including afterschool groups, camps, birthday parties and other pool rentals. Those who refuse the test will be given a red band.
- All children ages 8 to 12 years old:
 - Green band: Can swim alone.
 - Yellow band: An adult* must be in the pool area and fully aware of location of child or children that they are responsible for.
 - Red band: An adult* must be in the water within arm's reach.
- Children 13 years or older may swim alone.
- All children less than 4 ft tall who receive a red band must wear a lifejacket unless a parent/guardian or instructor is teaching the child how to swim.
- Results of the swim test are at the discretion of the lifeguard. There will be no repeat testing within the same day. Children who wish to retest can request to do so on their next visit.

*Adults responsible for children swimming must be 16 years old or older.

PLEASE NOTE: *YMCA/Pima County Pools may not be subject to these testing procedures if other testing procedures are jointly agreed to. Otherwise, these rules are in effect during YMCA operational times.*

YMCA OF SOUTHERN ARIZONA

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