

YMCA OF SOUTHERN ARIZONA: SWIM ASSESSMENT NOTICE



TEST

The swim assessment is given to children 12 years or younger to determine their swimming ability. The assessment may consist of jumping into the pool without assistance, treading water for at least 30-seconds, and swimming up to 25-yards without stopping or touching the bottom of the pool.

- **Green Bands:** Swims continuously for 25-yards with face in the water without touching the bottom or walls/lanes of the pool. Jumps into deep water independently to tread water for a minimum of 30-seconds, and returns to the nearest side of the pool with no signs of exhaustion.
- **Yellow Bands:** Swims 15-yards with their head in/out of the water and body position slightly past 45 degrees (without touching the bottom and walls/lanes of the pool). Jumps into water independently to demonstrate swim-float-swim and return to the nearest side of the pool.
- **Red Bands:** Those who can not successfully complete the above components and those who refuse or are unable to take the swim assessment.



MARK

Once a child completes the above swim assessment at a green or yellow level, they will be issued a colored band to indicate their skill ability. This will indicate what access they have at the pool. The results are then recorded along with the child's name and birth date for easy issue of bands in the future (within the calendar year).

- **Green Bands:** Swimmers have access to the entire pool. Children 8 years or old can be at the facility without a guardian present.
- **Yellow Bands:** Children must remain in shallow end and where they can touch when at the pool. A guardian must remain within the pool area and maintain active supervision at all times.
- **Red Bands:** Non-swimmers must remain within arms reach of a guardian, within the shallow end and where they can touch when at the pool. A guardian must remain within arms reach at all times and maintain active supervision. (1 guardian for every two children). Lifejackets are available.



PROTECT

Drowning is the second leading cause of death for children ages 5 to 14, with children from communities of color at greatest risk. In Arizona, children between the ages of 1 and 4 are drowning at a rate nearly two times the national average. The YMCA of Southern Arizona is committed to keeping our community safe in and around water by administering this swim assessment, a proven drowning prevention technique. The final safety component includes having the child and guardians read and adhere to all safe swimming guidelines and pool rules.

Thank you for helping us ensure the safety of our community!

PLEASE NOTE: SOME FACILITIES MAY NOT RECOGNIZE ALL BAND COLORS (YELLOW) DUE TO THE DEPTH OR SIZE OF THE POOL. THESE RULES ARE IN EFFECT DURING HOURS OF YMCA OPERATIONS ONLY. YMCA OF SOUTHERN ARIZONA: AQUATICS DEPARTMENT, APRIL 2022