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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Southern Arizona Swim Test Procedure

Drowning is the second-leading cause of injury-related deaths for children and five times as many children are victims of near-drowning incidents each year. The YMCA of Southern Arizona is committed to implementing proven prevention efforts to ensure that children who swim in our pool are safe. As a result, children ages 12 and under will be tested to evaluate swimming competency. Those who meet the qualifications will be given a wrist band and must visibly wear it for the remainder of open swim. Any child that does not take the swim test will be asked to wear a red wrist band and must remain in the shallow end of the pool. Once a swim test has been completed, the swimmers age, birth date and wristband color may be logged for easy issue of swim bands for future visits.

Aquatic Age Requirements

- Children 7 and under must use gender specific locker rooms.
- Children 7 and under must be accompanied by a parent or guardian at all times.
- All children 12 and under will be given a swim test, those who are not able to get a green band must be supervised with a parent or guardian in the water at all times.
- All children less than 4 feet tall who receive a red band must wear a lifejacket unless a parent/guardian or instructor is teaching the child how to swim.

Green Band Requirements- They are able to swim anywhere in the pool

- Must be able to jump into the water, push off the bottom, turn around and grab the wall. Then swim 25 yards without stopping, touching the bottom or the edges of the lane and their face must be in the water the majority of the time. Once they get to the opposite wall they tread water for 30 seconds, without touching the bottom or the edges of the lane.
- While swimming they will be relaxed horizontal in the water and able to climb out without a ladder. Once done there should be no signs of exhaustion or make a comment that it was hard or struggle at all.

Yellow Band Requirements- Can only swim in a certain section of the pool and Parent/Guardian must be in water with them

- Swimmers that do not meet the green band requirements.
- Must be able to jump into the water, push off the bottom, turn around and grab the wall. Then swim, float, swim for 15 yards without stopping, touching the bottom or the edges of the lane.
- While swimming their head will be above the water, their feet are more behind than under them. There are some signs of tiredness but can complete.

Red Band Requirements - Can only swim in a certain section of the pool must have a lifejacket on if under 4ft and Parent/Guardian must be in water with them within arm's reach at all times.

- Those swimmers who choose not to take the swim test.
- Those swimmers, who are unable to jump into the water, push off the bottom, turn around and grab the wall or swim 15 yards.
- While swimming their head is out of the water the whole time and their feet are under them. There are signs of extreme exhaustion.

For any questions or comments please contact the Aquatics Department

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