

YMCA OF SOUTHERN ARIZONA: SWIM TEST NOTICE



TEST

The swim test is given to children 12 years or younger to determine swimming ability. This test could 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 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 Test.



MARK

Once a child completes the above swim test, they will be issued a colored band to indicate their skill level and to what extent they are able to utilize the pool. The results are then recorded along with the child's age and birth date for easy issue of bands in the future.

- **Green Bands:** Swimmers who have access to the entire pool.
- **Yellow Bands:** Children are to remain where they can touch and an adult must remain in the pool area.
- **Red Bands:** Non-swimmers must remain where they can touch and within arms reach of an adult (1 adult 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 test, a proven drowning prevention technique. The final safety component includes having the child and parents read and adhere to all pool rules.

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