

SAFETY AND SWIM TEST POLICY



Swim Policy

- Youth under the age of 8 **MUST** have a guardian in the water and within arm's reach at **ALL** times.
- Swim Tests are **REQUIRED** for all youth ages 8-14. Youth must wear their swim band while in the pool.
- Youth 8-9 years must take a swim test. Guardians must either be on the pool deck visually monitoring their youth or in the water.
- Goggles are **PROHIBITED** during the swim test

Band Types, Access, and Testing

BAND TYPES	ACCESS	TEST (all required tests must be passed)
RED BAND	Must wear a life jacket and remain where they can touch the bottom. OR Must be accompanied by an adult in the water within arm's reach at all times.	Children who do not want to take a swim test or who do not pass a yellow band test will receive a red band.
YELLOW BAND	Any part of the recreational pool.	• Swim 15 yards on front unassisted with a horizontal or nearly horizontal body position, an overarm recovery, face in the water, and a kick that provides visible propulsion without touching the side or bottom of pool. • Swim 15 yards on back with a horizontal or nearly horizontal body position.
GREEN BAND	• Recreational Pool • Lap Pool (must be continuously lap swimming while using Lap Pool)	• Swim 25 yards continuously with a horizontal or nearly horizontal body position, overarm recovery, proficient side breathing and a kick that provides visible propulsion. • Swim 25 yards backstroke continuously with a horizontal or nearly horizontal body position. • Tread water for 60 seconds.

Scan the QR code to find out more about our Swim Band Policy on our website.

