

SWIM TESTING

YMCA SWIM TEST:

- **JUMP IN**
- **TREAD WATER for 15 SECONDS**
- **SWIM 25 YARDS**
- **Anyone 13 years-old and younger or that the lifeguard has concern about should be tested.**
- **Green Band:** Pass swim test: jump in, tread water for 15 seconds, and then complete 25 yard swim in a prone position with forward movement, propellant kick and rhythmic breathing.
- **If a swimmer cannot, or chooses not, to complete the swim test, he/she must swim in the designated shallow area of the pool under the supervision of a responsible adult within arm's reach.**
- **Youth 11 years old and younger MUST be accompanied and supervised by an adult at all times while in the pool.**
- **Anyone under 6 years-old must have an adult within arm's reach in the designated shallow area of the pool.**
- **Weak and non-swimmers must wear a US Coast Guard approved life-jacket if the water depth in the shallow area is more than arm-pit deep.**
- **The lifeguard has the authority to swim test anyone and ask them to swim in a designated area of the pool and wear a US Coast Guard approved life-jacket.**