



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Test Policy and Procedure

Policy: Every child under the age of 12 years are required to be tested on their swimming ability before entry into the pool. Children under 12 are also required to wear a color-coded bracelet while they are swimming.

Those swimming during “public” open swim times will be kept on a list maintained by the lifeguard and kept at the guard station.
Youth Development swimmers will be kept on a list maintained by a counselor.
These lists will be combined and updated weekly and a master list will be kept at the front desk.

Children may request additional swim tests as they progress.

Procedure: Begin by seeking the blue bracelet with each child.
Blue bracelets have access to the entire length of the pool without a flotation device.

BLUE BRACELETS

Ask the child to swim the ENTIRE length of the pool on their belly (freestyle).
If they complete the lap without stopping, let them rest a minute or so, then have them tread water in the deep end for 30 seconds. (If you count, they usually find it soothing).
They may not know what “treading water” is, so you may have to explain – Stay in one place with your head above water and legs kicking under you.
The final task is jumping into the deep end and swimming back to the side unassisted.

YELLOW BRACELETS

Yellow bracelets have access from the shallow end to the 4ft lane line without a flotation device.
Yellow bracelets are given If a child can swim freestyle from the short side to the 4ft lane line and back and tread water for 30 seconds.

RED BRACELETS

If the child cannot swim or refuses to complete a swim test, they will be given a red bracelet.

Children without a parent in the pool:

- Are required to wear a flotation device at all times and stay in the shallow water.
They are not permitted to pass the first set of flags.

Children with a parent:

- Are required to wear a flotation device unless a parent is providing hands-on support.
- May go past the first set of flags while accompanied by a parent.