

SWIM TEST POLICY

All swimmers under the age of 14 must complete a swim test to access areas of the pool where the water is **above shoulder depth.***

The swim test consists of:

- Jumping into deep water
- Swimming 30 ft., turning and returning to the starting point
- Treading water for 30 seconds and exiting the pool on their own

All swim tests will be administered by a Y Staff Member and it is at their discretion whether or not child passes or fails.

GREEN BAND: (PASS SWIM TEST) Swimmers are able to swim in all accessible Pool areas.

YELLOW BAND: (MEETS HEIGHT REQUIREMENT) May swim independently in marked shallow water area.

RED BAND: Swimmer requires a flotation device and/or **in water** adult supervision.

[See the Dolphin Sign to determine if the child meets the height requirement](#)

[See Aquatic Safety Policy for Children for Adult supervision for children under 9 years](#)