

YOUTH WATER SAFETY: POLICIES AND PROCEDURES

As a leading non-profit organization focused on youth development, healthy living and social responsibility, the Freehold YMCA strives to provide a safe environment for children and their families. Research shows that 75% of beginner-swimmer drowning injuries happen in the shallow end of the pool. Therefore, we will be performing MANDATORY swim tests for all children (members and guests) under the age of 14.

WHAT ARE THE AGE GUIDELINES FOR CHILDREN?

Ages 9 & under: A parent or guardian, 18 years or older, must be on the pool deck AT ALL TIMES.

IF ANY CHILD REQUIRES A FLOTATION DEVICE, AN ADULT 18 YEARS OR OLDER MUST BE IN THE WATER WITHIN ARMS REACH AT ALL TIMES.

SWIM TEST POLICY

All swimmers under the age of 14 must complete a swim test before being allowed access to the swimming pool. The swim test consists of:

- Jumping into the deep end of the pool
- Treading water for 30 seconds
- Swimming the length of the deep end

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

RED BAND (UNABLE TO PASS SWIM TEST) • Swimmers who do not meet the height requirement, must stay in the SHALLOW END pool area.

If child requires a flotation device, he or she must be accompanied by an adult 18 years or older in the water at all times. (Children that do not have an adult 18 years or older in the water will not be permitted to swim.)

YELLOW BAND (UNABLE TO PASS SWIM TEST) • Swimmers must stay in the SHALLOW END pool area.

This is for children that are unable to pass the swim test, but do NOT require a flotation device to swim.

GREEN BAND (ABLE TO PASS SWIM TEST) Swimmers are able to swim in all accessible pool areas.