

# SWIM TESTING POLICIES AND PROCEDURES

## SUMMER 2012

Revised 1/22/12

**Swim Testing is for the safety of all patrons using the facility. Children under the age of 18 must be tested and wear a swim band at all times to indicate their skill level.**

**Patrons must be re-tested at the beginning of EVERY pool season.**

**All Swim Tests will be conducted without goggles.**

**Parents may NOT be in the water while their children are being swim tested.**

### Green Bands

- Green bands are allowed in areas of the lap pool and play pool, and may go off the diving board and down the slide.
- Children must jump into the deep end, tread water for one minute when resurfacing, and then swim to the shallow end of the pool without standing in order to receive a green band.
- Swimming the length after treading water does not automatically guarantee a green band; swimmers must be able to swim the length at a level the aquatics staff considers safe.

### Yellow Bands

- Yellow bands may go anywhere in the play pool, including down the slide.
- They are allowed in the shallow end of the lap pool but may not swim laps or go beyond the safety rope into the deep end unless a parent is within arm's reach.
- The yellow band test will be administered at least five feet from the side of the pool. Children may not touch the side of the pool, the bottom of the pool or any of the lane lines during the test.
- Children must swim to the middle of the pool on their stomach, while putting their face in at least twice, touch (but not hang on) the rope, and then swim back to the wall on either their front or back in order to receive a yellow band.
- Swimming to the middle of the pool and back does not automatically guarantee a yellow band; swimmers must be able to swim the width at a level the aquatics staff considers safe.

### Red Bands

- All swimmers who do not meet the requirements of a yellow or green band are red bands.
- Red bands may NOT go in the deep end of the lap pool, off the diving board, or down the slide (even with an adult).
- Red bands 4 years and younger must have a parent/guardian in the water within arm's reach at all times.
- Red bands 5 years and older, but less than 48 inches, must have a parent in the water within arm's reach or wear a lifejacket and have a parent/guardian who is in continuous visual contact with the child (i.e. not reading, lap swimming, etc.) in order to swim in the shallow end of the lap pool.

- Red bands 5 years and older are allowed in the family pool without a parent, but the parent must be present within the deck area of the family pool and have continuous visual contact with the child (i.e. not reading, talking on their cell phone, etc.)