

CLARK COUNTY FAMILY YMCA SWIM TEST POLICY

The primary role of your Clark County Family YMCA Lifeguards is the prevention of drowning.

Their first defense against drowning is to pro-actively restrict non-swimmers and inexperienced swimmers to shallow water (shallow water is defined as water that is no deeper than your armpit). All persons 14 years of age and younger will be swim tested before entering the water with no exceptions. All will be evaluated and banded even if they are only intending to stay in shallow water. All persons 14 years of age and younger must wear appropriate color coded wrist bands at all times they are in or around the pool area. Those not complying will be asked to leave the pool.



Clark County Family YMCA is a branch of the YMCA of Columbia-Willamette. The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all through love, respect, honesty, responsibility and service.



CLARK COUNTY FAMILY YMCA SWIM TEST

Final competency for all levels includes having the swimmer and/or parents read all pool rules

Deep Water-Green Band

Privileges: Access to entire pool

All children under 8 years of age require active adult supervision. Active supervision means the adult must be in the water within arm's reach at all times with no more than 3 children per adult. Children 8-11 years of age may be in the pool with an adult in the building. Children 12 years of age may be in the pool without an adult in the building

Green Band Test

- 1-Swim across (down and back) the shallow end of the pool unassisted without rest
 - a. Must maintain positive body position for the entire distance (legs should not drop past 45 degree angle)
- 2- Jump into water that is over their head and return to the surface
- 3- Tread water for one minute
- 4- Turn on their back and float briefly
- 5-Swim to the side and exit pool

Shallow Water Competency-Yellow Band

Privileges: Must stay in water that is armpit deep or less

All children under 8 years of age require active adult supervision. Active supervision means the adult must be in the water within arm's reach at all times with no more than 3 children per adult

Children 8-11 years of age may be in the pool in water that is no more than armpit depth without an adult in the building

Yellow Band Test

In shallow water, swimmer is placed on their back by the tester. The swimmer must then stand up (regain a vertical position)

In shallow water, swimmer is placed on their front by the tester. The swimmer must then stand up (regain a vertical position)

Non- Swimmers- Red Band

Swimmers that do not pass the shallow water competency test or who refuse to take the test are considered non-swimmers. Non-swimmers, regardless of age, must stay in water that is armpit deep or less and require active adult supervision. Active supervision means the adult must be in the water within arm's reach at all times with no more than 3 children per adult.