



SWIM TESTING POLICY

1. Each patron tested will be given a colored safety band to wear at the pool.
2. The “Green Band” Deep Water Test consists of the following:
 - Patron is asked to swim across the shallow end of pool. If successful, he/she will move to the deep end.
 - Swimmer must jump into water that is over his/her head and return to the surface.
 - Swimmer must swim one pool length (25 yards) unassisted and without rest. He/She must maintain a positive body position (legs should not drop past 45 degree angle) for the entire distance. Swimmer will start at the deep end and travel to the shallow end (if swimmer tires, he/she may be able to stand).
 - Swimmer must tread water for one minute, turn on his/her back, float briefly, then swim (either on front or back) to the side and exit the pool.

“Green Band” swimmers are allowed in all pool areas.
3. If a swimmer cannot complete each of the objectives listed above, he/she may take the “Yellow Band” Shallow Water Competency Test:
 - Swimmer is placed in a horizontal position on his/her back by the testing guard.
 - Swimmer must then stand up (regain a vertical position).
 - Swimmer is then placed in a horizontal position on his/her front by the testing guard.
 - Swimmer must again stand up (regain a vertical position).

“Yellow Band” swimmers must stay in water that is armpit-deep or less.
4. Those who do not pass the Shallow Water Competency Test are considered “Red Band” or “non-swimmers.” Those who decline to take the test are also considered “non-swimmers.”

“Red Band” swimmers 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 (1 adult per 2 children ratio). Some facilities may also require “Red Band” swimmers to wear a U.S. Coast Guard-approved personal flotation device.

NOTES:

- At no time may a child with a red band or yellow band swim in the deep end of the pool.
- Intentionally wearing the wrong color safety band results in immediate removal from the pool.
- Remember, shallow water is in relationship to the swimmer. For small children, the shallow end of the pool still may be deep water to them.
- Final competency includes having the swimmer and/or parent read all pool rules.