

# SWIM TEST

## THE LIFEGUARD IS RESPONSIBLE FOR ADMINISTERING A SWIM TEST TO ANYONE UNDER THE AGE OF 18 AND/OR ANY SWIMMER IN QUESTION!

- Swim the width of the pool - over and back using a productive flutter kick (legs at or near the surface) in the shallow end of the pool (If a lap lane is in the pool, swim from wall with basketball hoop to the life line and back.)
- Swim using either a paddle stroke or front crawl (Must swim on surface of water not under water.)
- Perform a back float for a minimum of 15 seconds or tread water for 30 seconds.
- If a swimmer is unable to complete these skills proficiently for the lifeguard on duty, the swimmer must stay in the shallow end of the pool. Non-swimmer that are less than 4'6" tall must stay in the shallow end of the pool (with active adult supervision\*.)
- \*Active Supervision means the adult must be in the water within arms reach at all times (1 adult per 2 children ratio) in the shallow end of the pool.
- Children with floatation belts require active adult supervision. If only one lifeguard on duty swimmers will be asked to sit on the side or move to the shallow end of the pool when the swim test is done.
- YMCA's Aquatic department is employed to provide all aquatic participants with the utmost level of safety while in and around the water. If a lifeguard determines that a floatation device is unsafe or being used in an unsafe manner, they will be expected to ask the patron (s) to immediately discontinue this type of behavior or exit the pool.

**RED WRISTBANDS** are now being worn by swimmers who have **PASSED** the swim test. Bands are worn on the right wrist.

# POOL RULES

- Walk on deck, no walking in the pool gutter
- Children with flotation devices or non-swimmers (less than 4'6" tall) must be accompanied by an adult (18 years or older) in the water within arms reach
- No diving in the shallow end
- No playing on the stairs or chairlift
- Swim test must be passed before entering the deep end
- Do not hang on lifelines or lane markers
- No gum, food, or drinks allowed in the pool area
- No dunking, pushing, or splashing others
- Proper swim attire must be worn
- Use of YMCA flotation devices only
- Follow slide and basketball hoop rules
- No back dives, flips, or twists
- Shower before entering the pool
- Breath holding activities prohibited

**Failure to follow the rules may result in a "time out" on the pool deck or dismissal from the pool area.**

<b>SHALLOW END</b>	<b>3' - 4'6"</b>
<b>DEEP END</b>	<b>4'6" - 9'</b>
<b>POOL CAPACITY</b>	<b>97 PEOPLE</b>
<b>Aqua Fitness Class Min.</b>	<b>3 PEOPLE</b>

