

YMCA OF EAST TN SWIM TEST POLICIES

Effective February 1st, 2012

GREEN swimmers may swim unattended in deep water if able to:

1. Swim 25 yards with face in water, without goggles
2. Tread water for 1 minute
3. Jump into water over swimmer's head and resurface

***YELLOW** swimmers must stay in shallow water. Yellow swimmers are shallow water competent, meaning they are able to:

1. Stand in shallow end of pool with water level lower than the swimmer's armpits
2. Go underwater, lift feet off bottom of pool, and comfortably regain footing without assistance

*The Cansler Y recognizes these swimmers as red swimmers because there are no middle depths for these swimmers at the Cansler pool.

RED must have a guardian 16 years or older within arms' reach at all times, or be wearing an approved PFD. Red swimmers are:

1. Unable to complete a green or yellow swim test
2. Not shallow water competent. Shallow water level is higher than the swimmer's armpits

Once a swim band has been assigned, the band is yours to keep. Please bring it each time you come to swim. Replacement bands will cost \$1.

FOR ALL SWIMMERS' SAFETY, NO CHILD WILL BE ALLOWED TO SWIM WITHOUT A COLORED BAND.

The following age requirements must still be observed:

8 years and older (able to pass GREEN swim test): Must have guardian on YMCA property

5-7 years old (able to pass GREEN or YELLOW swim test): Must have guardian on pool deck

4 years and under (any swim level): Must have guardian in water within arms' reach.