

Florence Family YMCA

Safety Swim Test Procedures



-These procedures are for all children, ages 11 and under, during Open and Family Swim Times at the Indoor and Outdoor Pools.

-Swim Tests help provide you and our staff with an awareness of your child's swimming competency and confidence, as well as ensure a safe swimming experience for everyone.

-Swim Bands are break-away bands worn around your child's neck to let our staff know the swimmers' competency and confidence. At the YMCA, we have two swim bands (Yellow and Green) that designate what areas of our pools your child can play.

No Band: If he/she is without a swim band they are required to be at arms length of a parent **or** wear a Coast Guard Approved PFD (Personal Flotation Device). Any child 5 and under automatically falls under this category. Only a child 5 and under who has passed Starfish level or has equivalent swimming ability may test for a band.

Yellow Band: To earn a yellow band, a child must be able to swim comfortably at least one half (12 1/2 yards) of the pool length without any floatation. A yellow band allows children to swim alone in water that is armpit deep or less as well as go down the slide. A parent or guardian must stay in the immediate pool area with any child aged 11 and under.

Green Band: To earn a green band, a child must be able to jump in water over their head then tread water for 30 seconds, followed by comfortably swimming one length (25 yards) of the pool without goggles, with their face in the water and/or maintaining a positive body position (legs should not drop below 45 degree angle), and without touching the side or bottom of the pool. A green band allows children access to all areas of both pools. A parent or guardian must stay in the immediate pool area with any child aged 11 and under.

Bands must be worn every time a child gets in the pool.

-Swim testing may occur during 10-minute breaks at the outdoor pool and anytime the lifeguard feels comfortable watching a swim test at the indoor pool. The lifeguard may have too many people in the pool and testing would have to take place at a later time.

-Once your child has their band information recorded, their band information will be entered into our database. If your child forgets or loses their band, a new band can be purchased for \$2 at the front desk.

Thank you for your cooperation in helping the YMCA ensure the safety of all.

Florence Family YMCA

1700 S. Rutherford Dr. Florence, SC 29505
From Irby Street: Turn onto Conyers Ave. across from Taco Bell
843.665.1234 florenceymca.org
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