



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. Children ages 11 and under must also be accompanied by a parent or guardian aged 16 or older.

-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 the child is without a swim band, they are required to wear a Coast Guard Approved PFD (Personal Flotation Device) and preferable be within arms length of a parent/adult. A child 5 years old and under may test for a yellow band if Y staff observe good swim skills.

Yellow Band: To earn a yellow band, a child must be able to comfortably swim 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 into water over their head, immediately tread water for 30 seconds, followed by comfortably swimming one length (25 yards) of the pool, with their face in the water without goggles and maintaining a positive body position (legs should not drop below 45 degree angle), 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 the 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 who use our pools!**