



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Test Policy

Our Swim Test Policy has been created to help ensure the safety of all children who use our pools. The Sanford-Springvale YMCA's swim test policy is based on recommended best practices by the Y of the USA and the Redwoods Group. Thank you for your understanding and cooperation in helping the YMCA protect your vested interest.

Swim Tests help to provide you and our staff with an awareness of your child's swimming competency and confidence.

Swim Bands are worn around your child's wrist to let our staff know they are deep water competent and confident. At the Sanford-Springvale YMCA we have one swim band (Green) that designates what areas of our pool your child can play in.

Green Band: To earn a green band, a child must complete the following tasks in sequence...

- Enter from the shallow end of pool
- Swim length of pool (25 yards) without stopping
- Climb out and jump in, surface
- Tread water effectively for 30 seconds
- Float on back for 5-10 seconds

Children 7 years and younger must be accompanied in the water at arm's length by a supervising adult regardless of their swimming ability.

Children 14 years and younger must take a swim test to receive a green band and be allowed to swim in deep water

Supervising adults must be at least 16 years of age and may not be responsible for more than two children at a time requiring arm's length supervision.

Sanford-Springvale YMCA

(See Reverse Side)

Youth Aquatic Supervision Policy

AGE	PASSES SWIM TEST	DOES NOT PASS SWIM TEST
0-7 YEARS OLD	<ul style="list-style-type: none"> • Access to all areas of pool • Adult must be in the water within arm's length at all times (1:2 ratio) 	<ul style="list-style-type: none"> • Access to shallow roped off area of pool only • Adult must be in the water within arm's length at all times (1:2 ratio) • Must wear a PFD at all times except in the following instances: <ul style="list-style-type: none"> -Child passes armpit depth height test -Adult accompanying child is actively engaged in teaching swim skills
8-11 YEARS OLD	<ul style="list-style-type: none"> • Access to all areas of pool • Adult must remain on the pool deck directly supervising the child 	<ul style="list-style-type: none"> • Access to shallow roped off area of pool only • Adult must be in the water within arm's length at all times (1:2 ratio) • Must wear a PFD at all times except in the following instances: <ul style="list-style-type: none"> -Child passes armpit depth height test -Adult accompanying child is actively engaged in teaching swim skills
12-14 YEARS OLD	<ul style="list-style-type: none"> • Access to all areas of pool • Adult not required to be in facility with child 	<ul style="list-style-type: none"> • Access to shallow roped off area of pool only • If child passes armpit depth height test they may swim in shallow roped off area of pool without an adult in the facility • In all other instances, adult must be in the water within arm's length at all time (1:2 ratio) • Must wear PFD at all times except if adult accompanying child is actively engaged in teaching swim skills

Questions? Contact Sarah Littlefield, Aquatics Director at slittlefield@sanfordymca.org or call 324-4942.