



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Test Policy

The Lancaster Family YMCA's Swim Test Policy has been created to ensure the safety of every child who enters our pools. Thank you for your understanding and cooperation as we work to create a safe and fun environment for you and your child.

Swim Tests will be given to children 12 years and under to assess swimming competency.

Height Tests (New Holland/ L-S Outdoor Pool Only) will be given to children 12 years and under.

Swim Bands will be issued to all swimmers 12 years and under. A green, blue, or red band will be issued by the Welcome Desk prior to entering the pool area to alert lifeguards of your child's swimming competency level.

Green Band: Green Band swimmer status will appear when your membership card is scanned. Swimmers age 12 years and under who achieve the green band have access to all areas of the pool where open swim is indicated, unless he/she is swimming laps. An adult need not be in the water with a green level swimmer, but he/she must remain on the pool deck at all times.

To achieve the green level, a child must complete the following tasks:

- Swim the length of the pool
- Climb out, jump into the deep end and surface
- Tread water for 30 seconds
- Float on back for 5-10 seconds

Blue Band (New Holland / L-S Outdoor Pool Only): Blue Band swimmer status will appear when your membership card is scanned. Swimmers age 12 years and under who achieve the blue band have access to the Leisure side of the pool. An adult need not be in the water with a blue level swimmer if they are on the leisure side, but the adult must remain on the pool deck at all times. If the child would like to go on the lap side of the pool the parent/guardian must be in the water with them.

To achieve the blue level, a child's armpits must be higher than 42 inches.

Red Band: Children who do not pass the swim test or have not taken the swim test will be issued a red band so they can be easily identified by Y staff.

For the red level swimmers:

- Adult (18+) must be in the water with the child
- Child must remain in the shallow, roped-off areas
- Child must wear a Personal Flotation Device (PFD) while in the water.
The PFD may be removed if an adult is actively engaged with and/or teaching swimming skills to the child.
- Adult may not be farther than an arm's length away from a red level swimmer.

LANCASTER FAMILY YMCA

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