



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIM TEST POLICY FAQ

## How will you track whether my child has passed the swim test or height test?

The lifeguard on the pool deck will administer the swim test and record your child's information in a log book kept on the pool deck if he/she has passed. Within 1-7 days, an alert will be placed on your membership unit record indicating the date your child passed the swim test. This information will be seen by the Welcome Desk Associate that scans your membership card when you arrive at the YMCA or L-S outdoor pool and will tell them which color wristband must be given to your child. Until this alert becomes available to the Welcome Desk staff, please see the lifeguard on the pool deck for your green or blue wristband. Red wristbands will always be issued by the Welcome Desk staff.

## When can my child take the swim test or height test?

Please notify the lifeguard that your child needs to take a swim test or height test (New Holland/L-S Outdoor Pool only.) At certain high volume times, our lifeguard will be unable to conduct these tests; a sign at the Welcome Desk and/or outdoor pool check in desk will communicate this temporary unavailability of swim and height tests.

## Who gives my child a red, green, or blue wristband?

A Welcome Desk Associate or check in staff at the outdoor pool will issue red wristbands to children who have not passed or taken the swim test. Children who have passed the swim test will receive a green wrist band from a Welcome Desk Associate or check in staff. If they have passed the height test (New Holland/ L-S Outdoor Pool Only), he/she will receive a blue wristband. Until the test "pass" alert becomes available to the Welcome Desk staff, please see the lifeguard on the pool deck for your green or blue wristband.

## What if I forget to stop at the Welcome Desk or the outdoor pool check in desk to pick up my child's band before I enter the pool area?

If you've forgotten to pick up your band before entering the pool area, you can see the lifeguard to pick up your bands as long as your information is still available in the log book. If, however, that information has been removed from the log book, you'll need to see the Welcome Desk for your wristbands.

### LANCASTER FAMILY YMCA

**City Center Branch**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
Phone: 717-393-9622  
Fax: 717-283-1984  
lancasterymca.org

**Lampeter-Strasburg Branch**  
800 Village Road  
Lancaster, PA 17602  
Phone: 717-464-4000  
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lancasterymca.org

**YMCA at New Holland**  
123 North Shirk Road  
New Holland, PA 17557  
Phone: 717-354-4747  
Fax: 717-355-9943  
lancasterymca.org

**YMCA Camp Shand**  
20 Penryn Lane, PO Box 339  
Cornwall, PA 17016  
Phone: 717-272-8001  
Fax: 717-272-2633  
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## **If my child does not pass the swim test, what can I do to help him/her pass?**

If your child cannot pass the swim test, please ask about our swim lesson programs! We offer group classes based on skill level as well as private and semi-private lessons to meet your child's individual needs. You are also welcome to help them with swim skills during our Family Swim times as long as your red-level swimmer stays in the roped-off area and within an arm's length of you at all times.

## **What is a PFD (Personal Flotation Device) and when must it be used?**

A Personal Flotation Device (PFD) is a Coast Guard Approved "lifejacket" worn by non-swimmers as an extra layer of drowning protection. Many people have seen examples of PFD's on boats or while participating in water sports such as kayaking or water skiing. We require a Type II or III PFD, or a Puddle Jumper, to be worn by red band swimmers, unless the child's parent is within arm's length of that child and engaged with him/her. If you have more than one child in the water with you, the use of PFD's will aid as an extra layer of drowning prevention and ensure your child is safe while having fun at the pool. YMCA PFD's are available for your use within our facilities, or you are welcome to use your own PFD as long as it meets the Lancaster Family YMCA's PFD specifications.

## **My children are non-members. Do you track whether or not they've passed the swim or height tests as well?**

Non-member swim tests or height test are not tracked. Therefore, each time your children come to swim, a swim test or height test would need to be administered.

## **What is the process for the swim test or height test for guests?**

If you bring a guest to any Lancaster Family YMCA pool, he/she will be required to take a swim test or height test (New Holland/ L-S Outdoor Pool Only). We will not, however, track their test result. Each time your guest accompanies you, he/she must retake the swim test or height test to achieve their appropriate colored wristband.

## **How often must my child take the swim test or height test?**

If your child is a member, he/she will only need to take the swim test once and their result will be recorded on your membership unit until they reach their 13<sup>th</sup> birthday. If your child is a non-member, they must take the swim test or height test (New Holland / L-S Outdoor Pool only) each time they visit; their swim test or height test result will not be recorded in our logs.

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### **Can children take the swim test twice in the same day?**

Children can only take the swim test once per day, but eligibility will be determined by the lifeguard or Aquatics Director.

### **Does the swim test at one branch work for other branches?**

Yes. Once your child has taken a swim test at one of our facilities, he/she will be able to check in at any of our facilities and receive the appropriate swim wristband. Height tests will be for the New Holland and L-S Outdoor Pools only.

### **How close must I be to my "red band" child(ren) while in the pool?**

You must be an arm's length away from your child(ren). This means you must be close enough to reach out and grab your child(ren) at all times.

### **Why is the blue band only accepted at the New Holland pool and the L-S Outdoor pool?**

The New Holland and L-S Outdoor pools are structured differently from both the City and L-S Indoor pools. They are divided into two sides for lap swimming and leisure use. Since our leisure section is only 3.6 feet deep, a height test is an adequate safety test for a child to swim without a parent/guardian in the water.

### **How can I pass the New Holland and L-S Outdoor pools' height test and get a blue band?**

You must stand by a marker measuring up to 3.6 ft. and spread your arms out to the side. If the marker is below your armpits you have passed our height test. A blue band will be issued to children who pass the height test for the New Holland and L-S Outdoor pools.

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